

# Assessing Your Decision Making Skills

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



1. How did you decide what to do?

2. Is there a different basis for your actions at different moments? With different people?

# Assessing Your Decision Making Skills

## Mindfulness Worksheet

3. How aware were you of the connection between the basis of your actions and the consequences of those actions?



Additional Notes: