

# Daily Assessment of Relationship

## 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. From whom did you learn most today?

2. To whom was it most difficult for you to listen today? Why was that?

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3. What conversation did you feel best about today? Why was that?



4. What conversation did you feel worst about today? Why was that?

5. How will you take what you learned into action?

Additional Notes: