

Educating Others Effectively

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



DAILY

1. In what ways did you educate someone today?

2. About what did you want to educate someone, but didn't know how?

3. In retrospect, what could you have said to educate in the situations of #2 above?

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4. What action(s) will you take from what you learned in this exercise?

WEEKLY:

Please take 20–30 minutes at the end of each week and address the following:

1. From reviewing your daily self-observations, what patterns do you notice around how you are educating people?

2. What was the most important topic you educated someone on this week? What made it important?

3. How do you know when your educational efforts are working?