

# Effecting Change

## Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

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



**[MindfulnessExercises.com/Effecting-Change](https://MindfulnessExercises.com/Effecting-Change)**

Over the past several years learning how to live a simpler life has become a popular notion. Ideas flourish with ways to achieve a simpler life, ranging from ways to simplify day-to-day routines to how to live green for the environment.

Simple ideas have been taken over by new improved “techniques”, which often become more complex and difficult. It is easy to become frustrated with intricate, time-consuming processes that once used to be simple tasks. It is also easy to become dependent on expert knowledge instead of thinking for ourselves.

We have become untrusting in our own knowledge and suspicious of anything that looks too easy. We also don’t want to admit we have wasted our time and money learning the “new and improved” way to do things.

At some point though, common sense will prevail. This being true, people often breathe a sigh of relief when they finally realize there are simple, common sense solutions to problems. One of the simplest ways to solve problems is through conversation.

Before technology evolved with email, cell phones and texting, people would talk together in groups, small and large. They would discuss their concerns and then come together to find a solution.

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This is how real change begins, with people talking to one another about what they care about. Is there an increase in automobile accidents at a particular intersection? Has there been an increase in burglaries in the neighborhood? Are more people from the same area becoming sick with the same illness?

It only takes two or three neighbors or friends to notice that they have similar concerns before change begins to take place. Their first conversation spreads to others. Friends talk to friends. They talk to others, and it continues to grow.

When we express our cares and concerns and listen to the cares and concerns of others, we show compassion for the well-being of those around us. This compassion evolves into action to make things better for ourselves, our family and those around us.

### *Additional Notes:*

