## **Effecting and Being Effected** 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

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1. What way of thinking did I use? What stories did I believe? What were the consequences of this?

#### 2. What way of reacting/responding used me? What were the consequences of this?



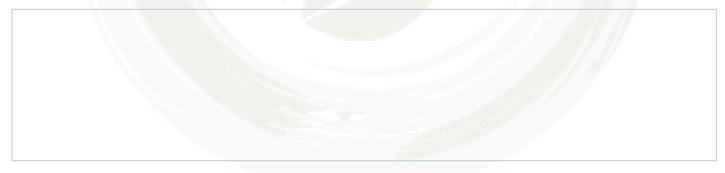
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3. What aspect(s) of myself (bodily, verbally, socially, emotionally, etc.) did I express? Not express?

4. What action(s) will I take from what I observed in this exercise?

5. Observe your internal states as well as what you show the world.





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