

Exercising Mindfully

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. Exercise is a great way to release stress. It increases your endorphins and decreases the production of stress hormones.
2. By including mindfulness in your exercise program, you can expand the benefits gained from your activities. You can also keep from overdoing it by listening to your body's response.
3. Mindfulness fosters a sense of awareness. There are hundreds of ways you can move your body with awareness and stay healthy. Yoga, bicycling, running, dancing, stretching, swimming or working out are just a few examples.
4. Walking is an excellent choice as well. It is easy to do, it does not require any special equipment and can be done almost anywhere at anytime.
5. Mindfulness can also be an excellent motivator to begin an exercise program. Mindfulness encourages you to listen to your body and determine its needs.
6. If you lack motivation to exercise, take some time to examine what obstacles are getting in your way. Try to establish strategies to make it easier for you to exercise, such as exercising with a friend or finding physical activities that you enjoy to get you started.

Exercising Mindfully

Mindfulness Worksheet

7. During the next week try exercising with mindfulness. Write down what exercises you chose and if you were able to incorporate mindfulness into them.

8. Did you enjoy the exercises you chose? Were you motivated to exercise? What obstacles, if any, got in the way of your exercising?



9. Were you able to clear your mind and focus on body awareness during these exercises?

10. How will you take what you learned from this forward into your life?