

Finding Meaning in Daily Activities

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



At the end of each day please write out brief answers to these questions.

1. What did I learn today about what makes something meaningful?

2. What about me, my expectations, my quality of presence, my openness and so on contribute to something being meaningful or not?

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3. In what ways did I block something being meaningful today?

