

Finding the Meaning in My Life

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



PART ONE

Please do this assignment for 10 days. Please stop at the middle and end of your day and write out your answers to the following questions.

During this period of time:

How much meaning was in my life? What did that feel like for me?

What was the source of the meaning?

Finding the Meaning in My Life

Mindfulness Worksheet

What effect did feeling this meaning have on what happened next?

What did I learn about increasing the meaning in my life?

PART TWO

Please take on this assignment for the next 10 days. Given what you learned in part one, please do this short process at the beginning of your day:

- Imagine your day as it will unfold. It might be helpful to look at your calendar for this part. How can you engage your full self [mind / heart / body] to maximize meaning for yourself and for the other people you'll be interacting with?
- Set some specific intentions for yourself, please.

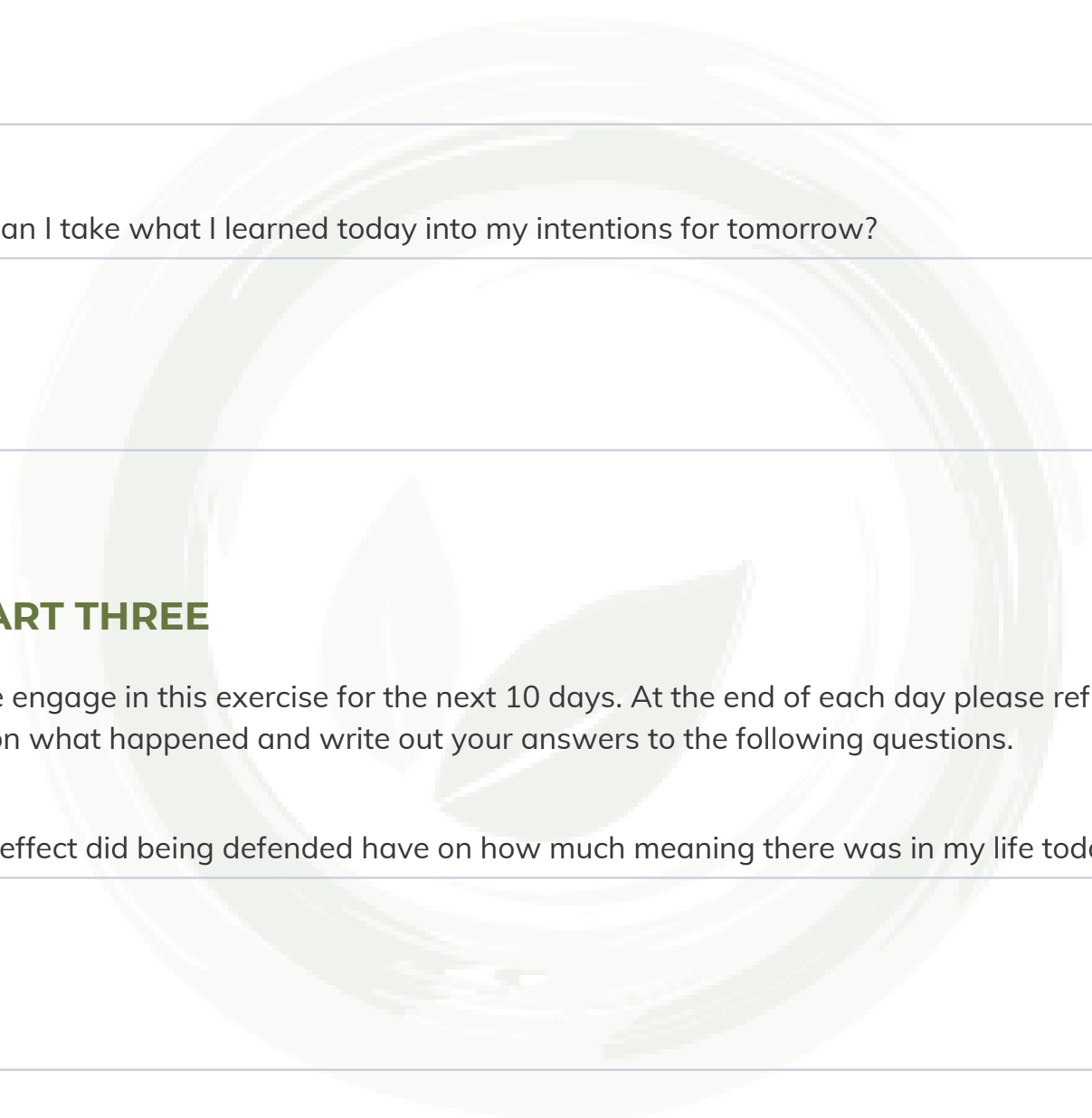
At the end of the day please take 5 to 10 minutes and write your answer to the following questions:

In what way did my intentions bring greater meaning to my life today?

Finding the Meaning in My Life

Mindfulness Worksheet

What did I learn about the connection between making a situation meaningful for someone else and it having a meaning for me?



How can I take what I learned today into my intentions for tomorrow?

PART THREE

Please engage in this exercise for the next 10 days. At the end of each day please reflect back on what happened and write out your answers to the following questions.

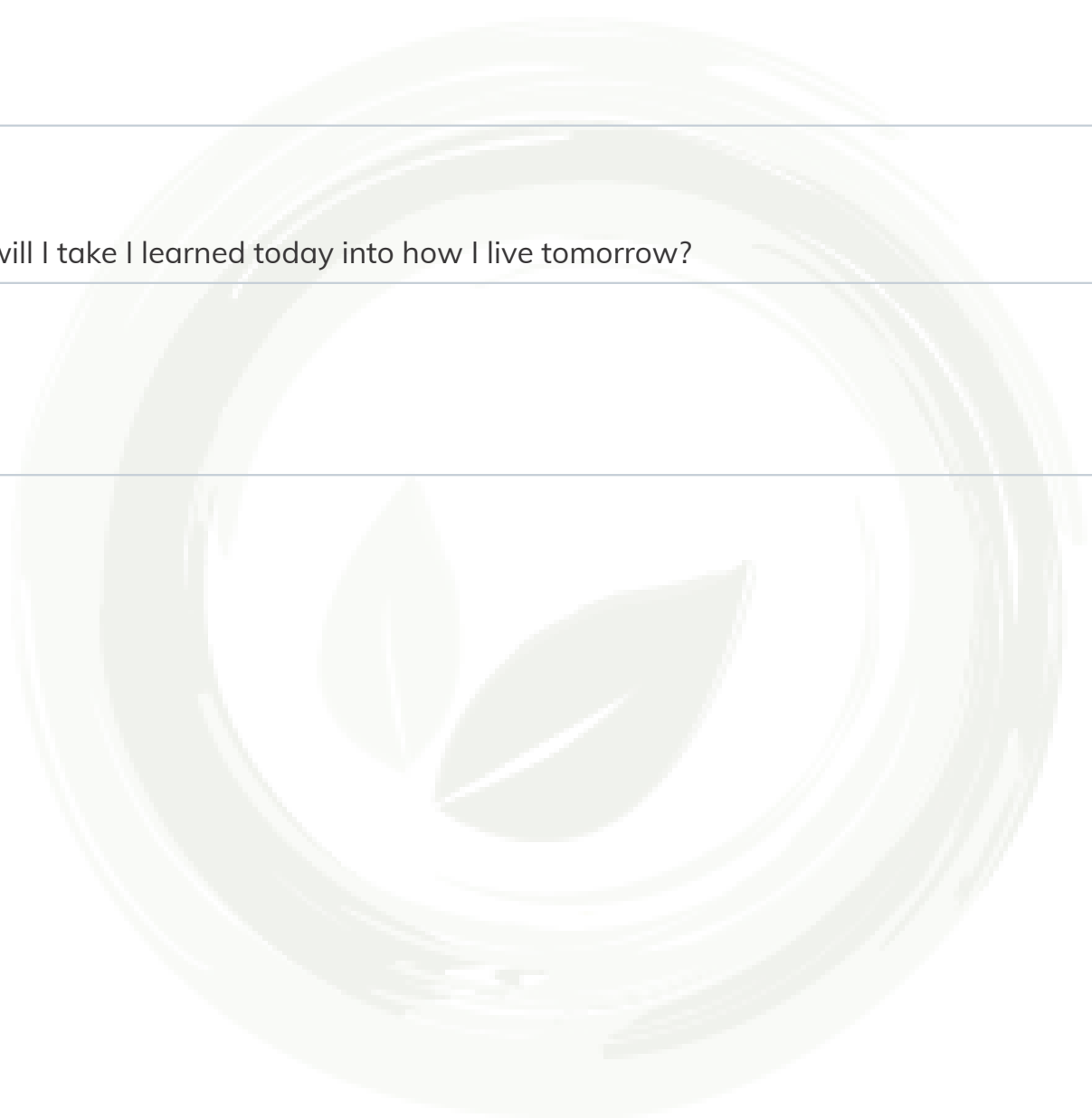
What effect did being defended have on how much meaning there was in my life today?

What effect did entering situations without having too much attachment to my own agenda have on how much meaning there was in my life today?

Finding the Meaning in My Life

Mindfulness Worksheet

How well did I do today around having the people I met feel seen / known / appreciated?
What effect did this have on my sense of meaning today?



How will I take I learned today into how I live tomorrow?