

Fostering Connection with Others

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



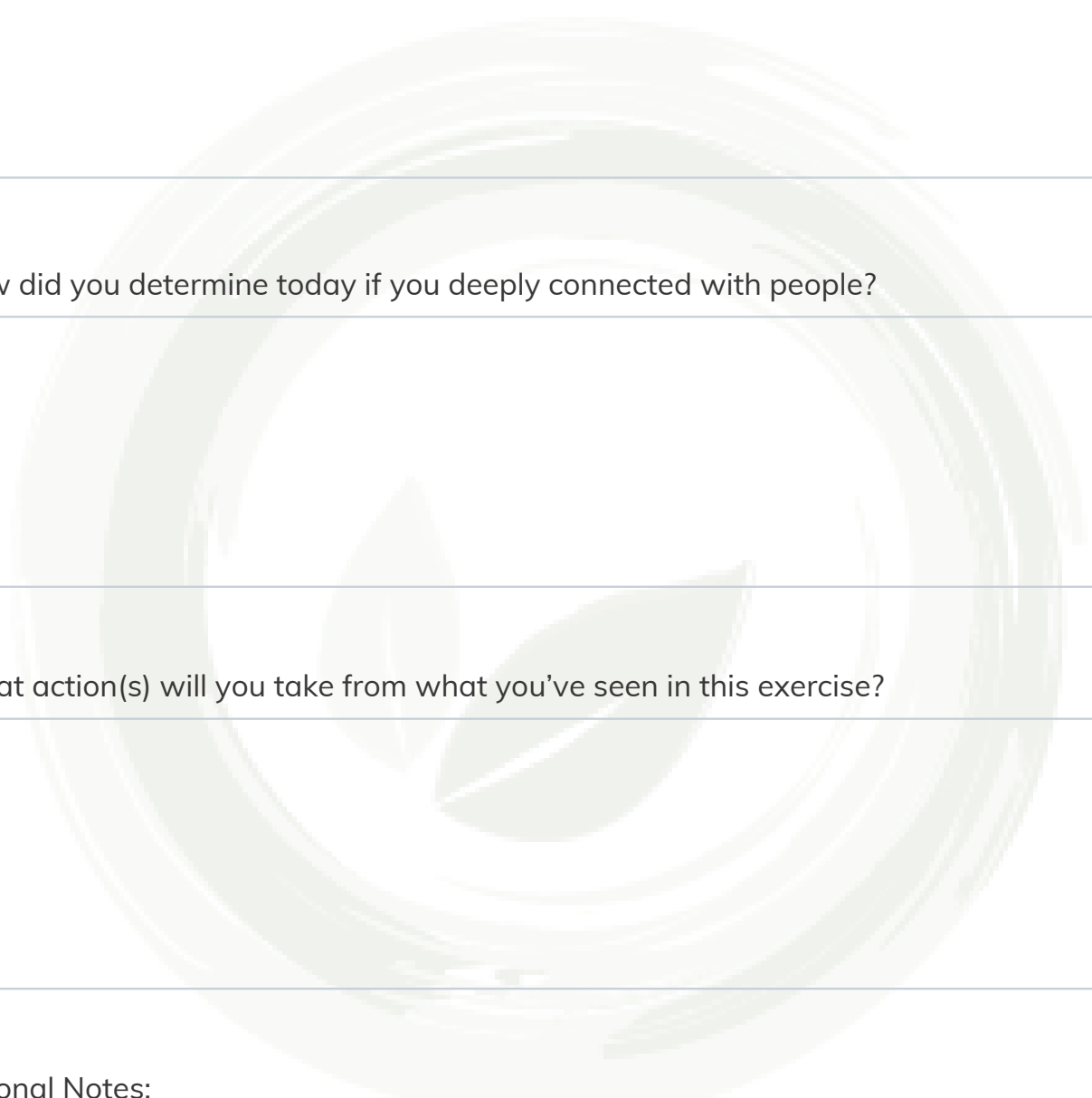
1. What patterns are you noticing in how you connect or avoid connecting with people?

2. What was the basis for your connecting with people today?

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3. What speed of interacting best allowed deep connection with the people you interacted with today?



4. How did you determine today if you deeply connected with people?

5. What action(s) will you take from what you've seen in this exercise?

Additional Notes: