

# Gaining Strength by Making Smarter Decisions

## 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

1. What important decisions did you make?

2. How did you make those decisions?

3. Was there any conflict around your decisions? How did you deal with the conflict?

# Gaining Strength by Making Smarter Decisions

## Mindfulness Worksheet

4. How do you feel about the decisions you made today? What are you learning about yourself and your decisions? How and when will you take your learning into action?

### **PART TWO**

1. What decisions did you avoid making? What justifications, excuses or stories did you employ in your avoidance?

2. When will you make the decisions?

3. What decisions will you make tomorrow? Write them down.