

# Gaining Strength by Taking Initiative

## 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 actions, conversations or relationships did you initiate?

2. What other actions, conversations or relationships did you want to initiate but didn't? How are you justifying that?

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3. What actions, conversations or relationships will you initiate next? How can you assure that what you initiate will be effective/satisfying?



4. What are you learning about yourself and initiating? How and when will you take what you're learning into action?

Additional Notes: