

Gathering Focus

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 is your most persistent thought today?

2. Precisely how is your body feeling today? Why is that?

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3. What is important to you today? Why?



4. What do you most want to say today?

5. What was your mood this past week? What events, circumstances, or relationships contributed to this mood?

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7. Whom are you avoiding this week? Why?



8. What are you afraid of this week?

9. What brought meaning to your life this week?

Additional Notes: