

Getting to Know the "I's" You Identify With

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

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



MindfulnessExercises.com/Getting-Know-Identify

1. Begin to observe the different people you are throughout your day. See how many different "I's" you can discern.
2. As you become more aware of the various "I's," begin to detect which are the most negative — which stop you in your purposes, alienate you from other people, leave you with a negative self-assessment, etc.

3. After you have detected several negative "I's," begin to become passive to one of them each day. Do not act out, speak out, feel out, or think out the agenda of this selected negative "I."

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5. In your journal each day, write down what you learned about yourself and others by doing this exercise.



6. Be honest, complete, and non-judgmental in your responses.

7. How will you take what you learned from this forward into your life?