## How do People React to Me?

## Mindfulness Worksheet

Date / Time:	What have you Heart	brought min Mind	dful awarene Body	ess to today? C	heck all that apply Environmen
To begin this Medit	ation, please b	oring kind a	wareness to	)	
<ul> <li>why you chose the</li> <li>how your belly, che</li> <li>the emotions that</li> <li>the positive or neg</li> <li>the fact that many</li> <li>how you might fee</li> <li>when you can app</li> </ul>	est, and head ed you can associon gative impact of y others are feeling el with increased oly increased min	ate with thes any stories y ing similarly d awareness	e visceral feet you believe in about this to around this this topic in	elings n regarding thi pic as you topic	
1. In this exercise, the how other people rec					
2. After 7 days of doi them. Observe for yo		orm a picture	e of how you	seem to other	rs. Do not ask
3. In your journal eac your day, which was on a weekly basis.					

Thank you for your mindfulness practice.

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

