

# Increasing Your Ability to be Present

## 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

Please stop three times per day and ask yourself the questions. You may want to take notes so that you can begin to notice patterns. Please do the exercise for 10 days.

During this period of time:

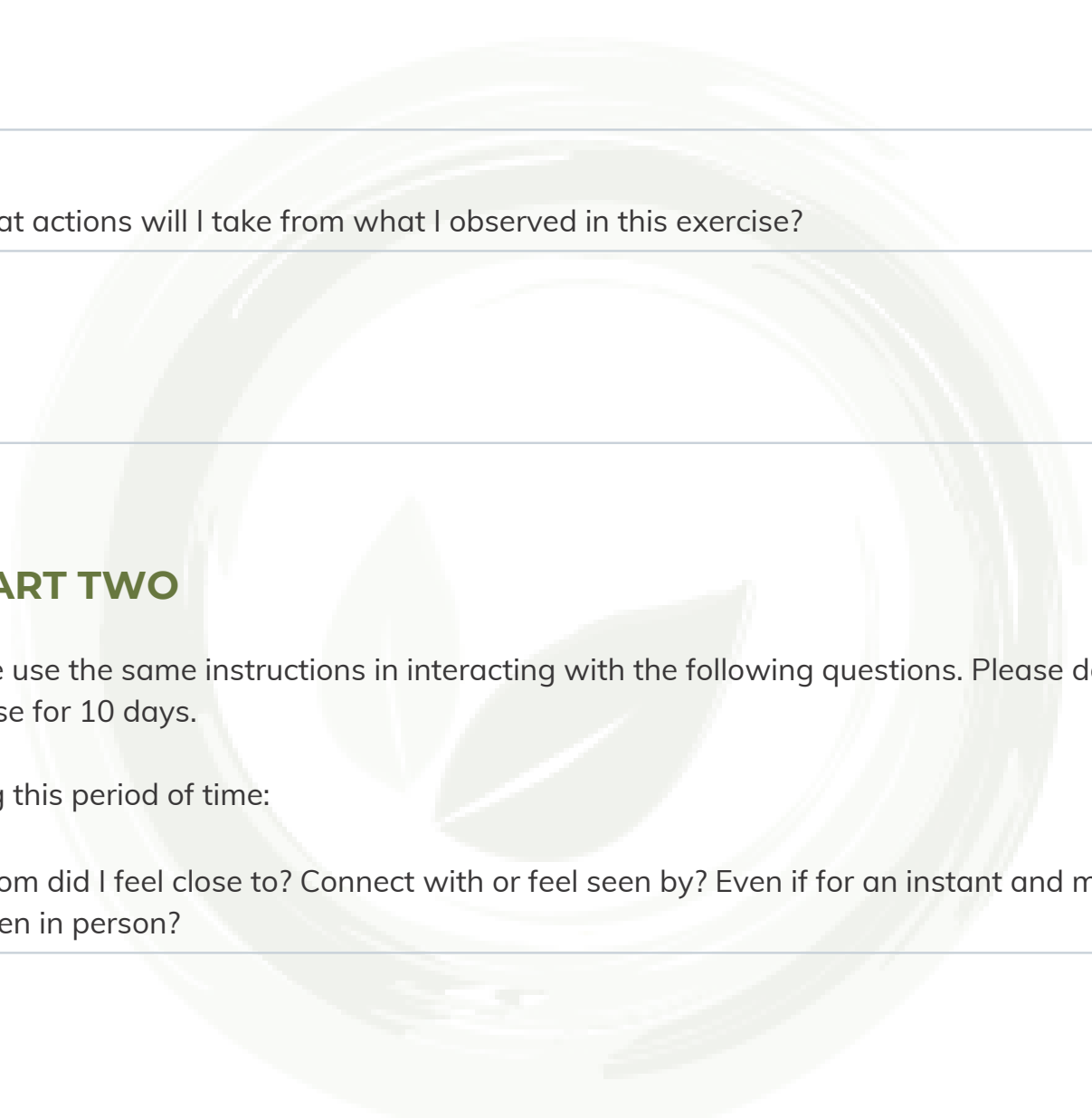
1. What experience, especially any quality of fear (anxiety, dread and so on) did I move away from?

2. What form did my moving away take? Is this the usual way I do it?

# Increasing Your Ability to be Present

## Mindfulness Worksheet

3. How aware was I of moving away in the moment? What was happening in my mind / emotions / body?



4. What actions will I take from what I observed in this exercise?

### **PART TWO**

Please use the same instructions in interacting with the following questions. Please do this exercise for 10 days.

During this period of time:

1. Whom did I feel close to? Connect with or feel seen by? Even if for an instant and maybe not even in person?

2. What did I accomplish? Even something small but by my own standard.

# Increasing Your Ability to be Present

## Mindfulness Worksheet

3. What did I learn or discover or get excited about?

4. How did these experiences feel/show up in my mind/body/emotions?

5. What actions will I take from what I observed in this exercise?

### PART THREE

For two more weeks please practice contacting positive feelings, memories, experiences when you notice that you are moving away from a feeling, person, circumstance or anything else.

Please take 5 to 10 minutes each day and write your answers to the following questions based upon what you learn from engaging with your experience in the way described above.

1. What I did I learn about staying with difficult experiences today?

# Increasing Your Ability to be Present

## Mindfulness Worksheet

2. What I did I learn about staying with difficult experiences today?

3. Which positive experiences, memories or feelings supported me today?

4. How can I take what I learned in this exercise into my life tomorrow?

