Inspiring Trust

Mindfulness Worksheet

Date / Time: So far today, have yo	u brought kind awareness to your:
Thoughts?	Heart? Body? None
To begin this Meditation, please bring kind awaren why you chose this topic how your belly, chest, and head each feel when you re the emotions that you can associate with these visces the positive or negative impact of any stories you belie the fact that many others are feeling similarly about the	eflect on this topic ral feelings eve in regarding this topic his topic as you
 how you might feel with increased awareness around when you can apply increased mindfulness to this top 	
	_ //////
MindfulnessExercises.com/Inspiring-Trust	
1. What did you do that inspired people's trust of you?	
2. What did you do (or fail to do) that weakened people'	s trust of you?



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3. How could you tell when people were trusting you more or trusting you less?
4. What action(s) will you take from what you observed in this exercise?

