

Investing Your Emotional Energy

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



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1. In what did you invest your emotion/energy?

2. Did you invest more or less emotion/energy in your activities than you anticipated/expected?

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3. How do you feel about how you are investing your emotion/energy?



4. What action(s) will you take from what you observed in this exercise?