

# Keeping Score with Others

## 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



1. Note each time that “you” react to:

- Not being treated fairly;
  Not being recognized for something;
  Not being fully appreciated

2. Note both the external (public) and internal (private) reactions in great detail. Precisely what did you say to someone else or to yourself? What exact emotion was present? What sensation(s) were in your body? How did you move, etc.?

3. Do not attempt to change anything, merely observe.

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4. At the end of each day, quickly scan through your day and locate incidents described in #2 and take notice of all the elements of the reaction(s).



5. Be honest and complete in your observations.

Additional Notes: