

Know Why You Judged 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. What judgments did you make about others during this period of time?

2. What was your judgment based upon? What standard? The anticipation of what other person's judgment?

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3. How do you feel after making these judgments?



4. What will you do about what you've observed in this exercise?

Additional Notes: