Knowing Your Levels of Trust

Mindfulness Worksheet

Date / Time:	So far today, have you brought kind awareness to your:
	Thoughts? Heart? Body? None
To begin this Meditat	ion, please bring kind awareness to
 the emotions that yo the positive or negat the fact that many o how you might feel o 	opic t, and head each feel when you reflect on this topic tu can associate with these visceral feelings ive impact of any stories you believe in regarding this topic thers are feeling similarly about this topic as you with increased awareness around this topic increased mindfulness to this topic in your day-to-day life
Mil	ndfulnessExercises.com/Knowing-Levels-Trust
1. When did you find yo	ourself trusting/not trusting?
2. What was your decis	sion based upon?



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. How did you	r decision affect your relationship with this person?
. How did you	r decision affect the work you were intending to accomplish?
. vvnat actior	will you take from what you observed in this exercise?