

# Learning to Live More Positively

## 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



### PART ONE

Please take up the practice of being actively constructive in at least 3 to 5 conversations each week for one month.

To review quickly, being actively constructive means:

- keeping close warm contact with our conversational partner
- showing our pleasure and excitement in hearing their good news
- congratulating them with some specific accomplishment connected to this success
- asking them to retell exactly what happened with as much detail as possible

Each week please take 10 to 15 minutes and write down what your experience was of doing this practice.

### PART TWO

In at least one meeting or conversation each day please note what was the proportion of encouragement/praise you gave in relationship to how much you criticized/criticized complained?

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What effect did my attending to the ratio of encouragement to criticism have on my relationships today?

What was it like for me today to work actively on this ratio? Easy? Awkward? How else?

Did I find myself looking forward to attending to this practice today? If yes, why was that? If not, why was that?

### **PART THREE**

During this month please take on working with a difficult relationship in your life. Please correct as you go and notice how working on this relationship affects you and the other people in your life.

Please take 10 to 15 minutes each week and summarize what you're learning.