

# Listening Deeply

## 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. How deeply did you listen to people? How do you know that?

2. What unspoken concerns did you hear in what was said or written to you?

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3. What new understanding do you have of the people you spoke with?



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

Additional Notes: