

Locating the Self

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. Look for your self, i.e., locate a permanent, unchanging presence that you recognize as yourself.

2. Keep observing and find out for yourself who your self is. Do not settle for any conceptual answer.

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3. As you observe, continually ask yourself, “Who am I observing?” and “Who is doing the observing?”



4. Take what you observe today to your observation tomorrow.

Additional Notes: