Looking Back from 95
Mindfulness Worksheet

Date / Time:	What have you brought mindful awareness to today? Check all that app					
	Heart	Mind	Body	Breath	Environment	
To begin this Meditation, please bring kind awareness to						
> why you chose t	nis topic					
> how your belly, a	hest, and head e	ach feel whe	n you reflect	on this topic		
> the emotions the	t you can associa	ate with thes	e visceral fee	elings		
> the positive or ne	egative impact of	any stories y	ou believe ir	regarding th	is 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

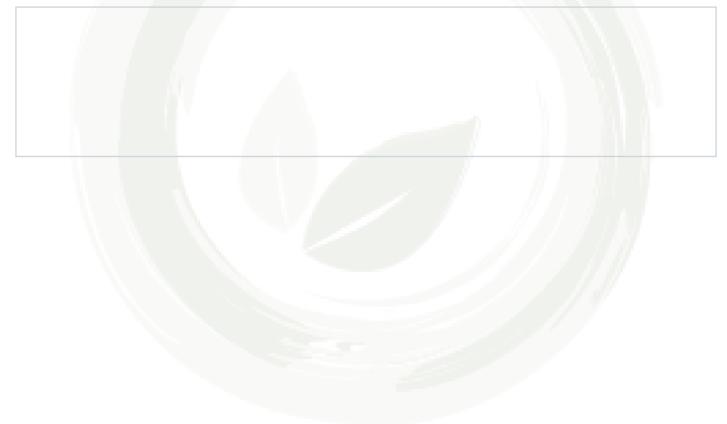
1. If you were 95, looking back on your life, what would you have wanted to accomplish?

2. What type of person would you have to be to accomplish these things? (qualities)



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4. What practices could you initiate to bring about these qualities?





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