

# Meaning and Belonging in my Life

## 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. When in your life did you experience the most meaning? Please describe your situation and say why.

2. When in your life did you experience the least meaning? Please describe your situation and say why.

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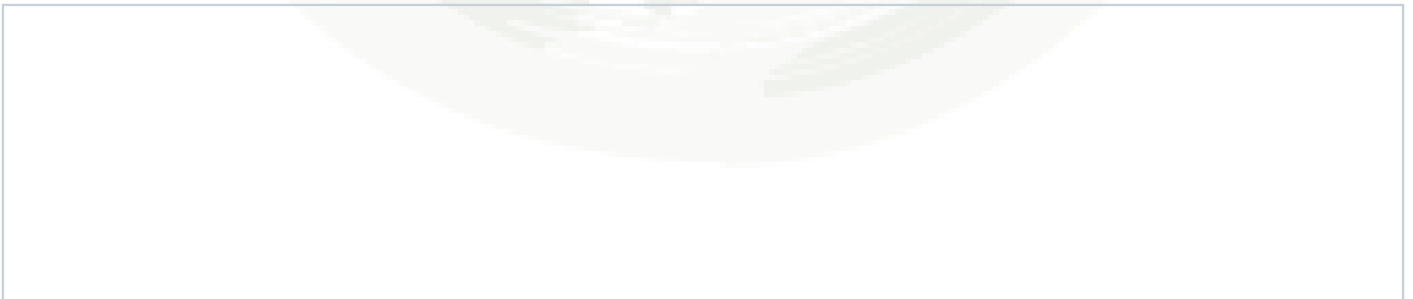
3. When in your life did you experience that you most belonged? Please describe your situation and say why.



4. When in your life did you experience that you least belonged? Please describe your situation and say why.



5. What happened for you as you write this assignment?



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6. What did you learn?



7. Did you notice any patterns?