

Mindful Family Calendar

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



Putting informal mindfulness practices into everyday life is the next step after formal mindful meditation. Some of the most valuable experiences of informal mindfulness come from simply evaluating the family's daily calendar.

1. In this exercise, parents and children alike are asked to look at a single day on the calendar and notice the sensations in their body as they review the activities.
2. Does any family member notice their body tensing up or their stomach tightening from the very thought of accomplishing any task of the day?

3. For many of us, a calendar of tasks and activities seems unavoidable. We have to do it! But is the schedule that you write down carved in stone?

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4. Do you believe that if someone asks you to do something, you can't say no?



5. Taking a mindful approach to tasks and activities allows you to become more thoughtful about your choices. Is this activity the best use of your time?

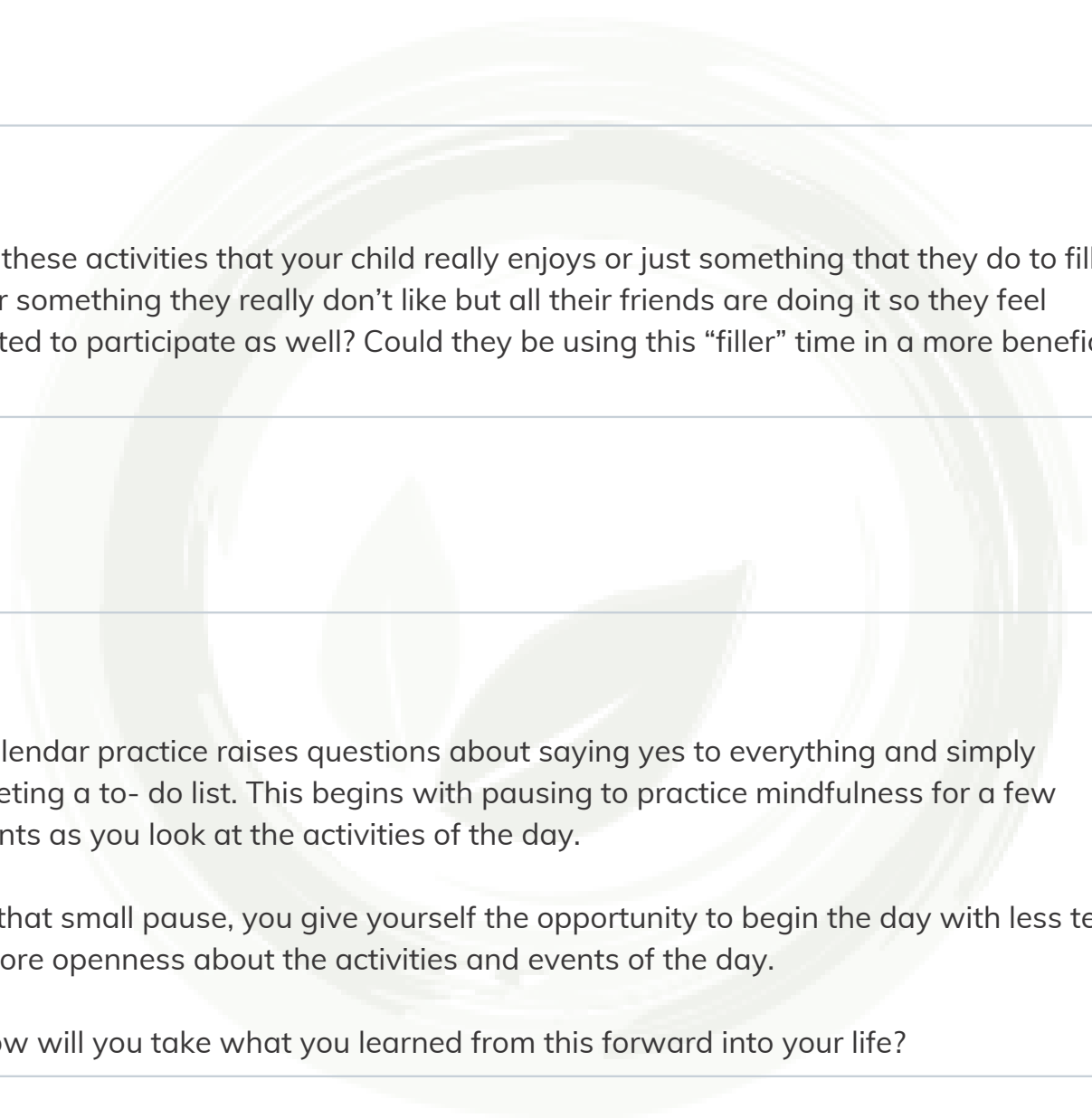
6. How many activities do you say yes to just because someone asked you to do it?

7. Is this an activity that you really want to do or just something you feel obligated to do? How many of these activities do you feel are a waste of your time?

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8. What about your children's activities such as sports, clubs and other extracurricular activities?



9. Are these activities that your child really enjoys or just something that they do to fill their time or something they really don't like but all their friends are doing it so they feel obligated to participate as well? Could they be using this "filler" time in a more beneficial way?

10. Calendar practice raises questions about saying yes to everything and simply completing a to- do list. This begins with pausing to practice mindfulness for a few moments as you look at the activities of the day.

11. In that small pause, you give yourself the opportunity to begin the day with less tension and more openness about the activities and events of the day.

12. How will you take what you learned from this forward into your life?