

# Mindfulness of Dating

## 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



**Please follow these instructions:**

1. Make a list of everyone you know locally who might know eligible people for you to date.

2. Call each of them and specifically ask them to set you up on dates.
3. Beginning no later than 7 days from today, schedule yourself to go out on at least one date each week with an eligible person.

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4. After each date, journal how the date went for you. What did you like about you date? Are there any yellow or red flags that alarm you? What did you notice about yourself?



5. Keep doing this exercise for at least 60 days.

