

Moving Forward in Your 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



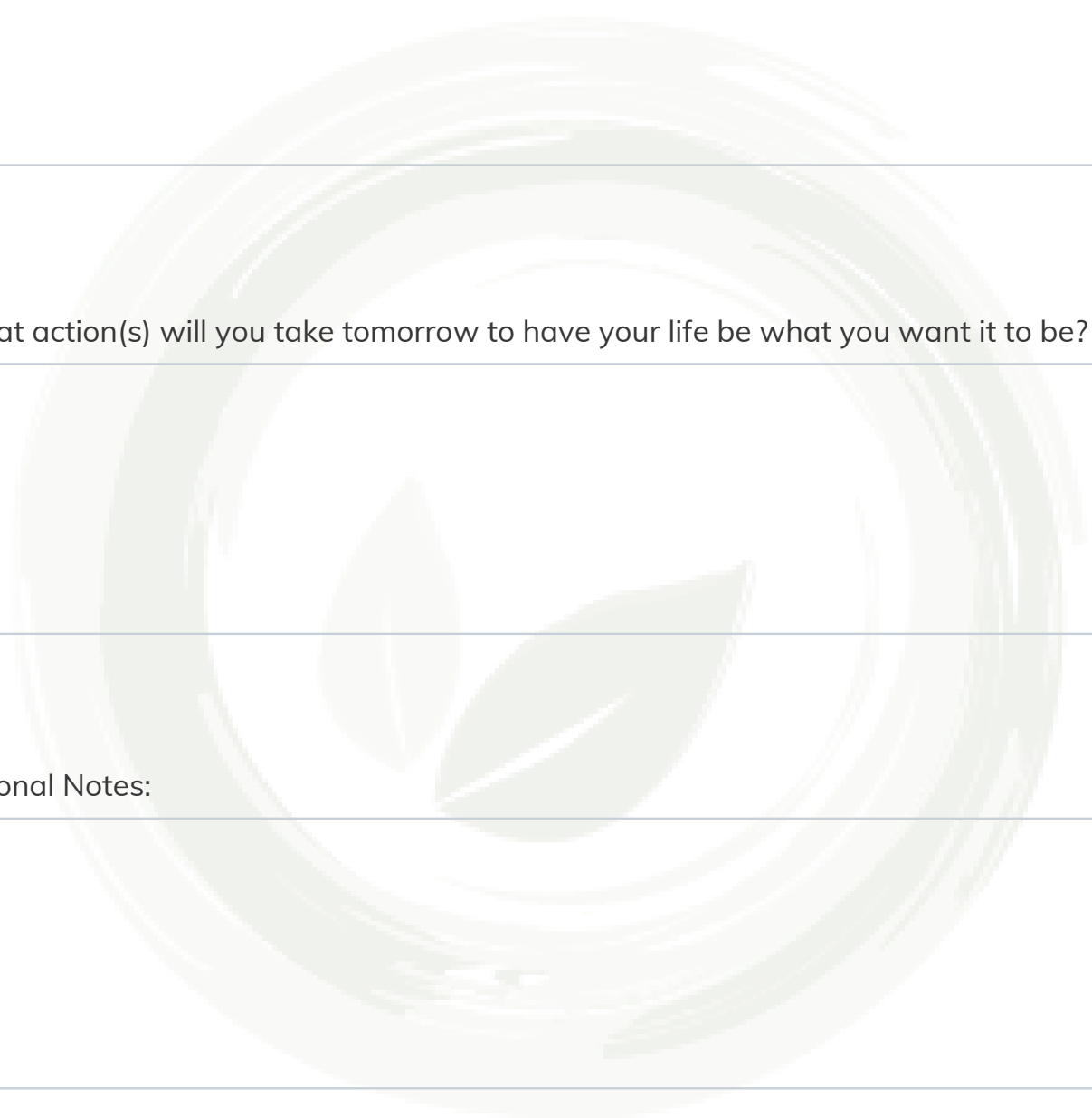
1. What action(s) did you take today to move forward in how you want your life to be?
What outcome(s) did you produce with these actions?

2. What actions did you avoid taking? What were the consequences (both immediate and long-term) of your avoidance?

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3. About what are you feeling more confident and certain?



4. What action(s) will you take tomorrow to have your life be what you want it to be?

Additional Notes: