

Opening to Sprouting Relationships

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 did I feel close to my child, friend or spouse today?

2. What judgements did I have about my child, friend or spouse today?

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3. How did my child, friend or spouse reach out to me today?



4. What did I do today to strengthen / deepen my relationship with my child, friend or spouse?

5. What action(s) will I take from what I learned in this exercise?

Additional Notes: