

Perceiving Pointlessness in 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. What action did you alter because you thought it pointless* to continue?

* pointless = not worth it, obvious beforehand what the outcome would be, wouldn't work, wouldn't change anything

2. What communication did you alter because you thought it pointless to continue?

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3. What action did you not start because you thought it pointless?



4. What communication did you not begin because you thought it pointless?

5. What did you learn from doing this exercise? What action will you initiate from what you learned?

Additional Notes: