

Rediscovering Your Vision

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



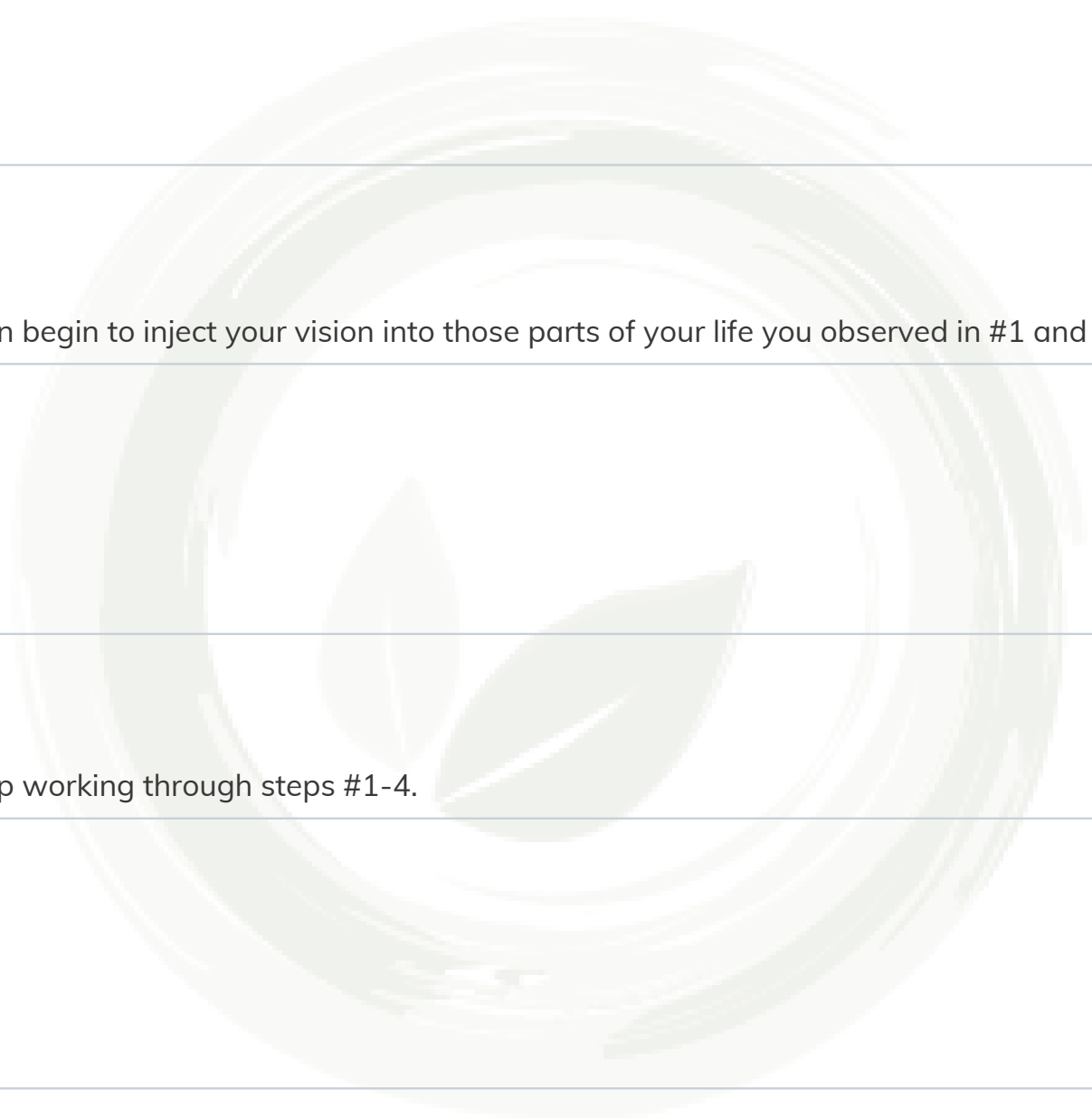
1. Specifically how do you drop your personal vision?

2. In what specific activities, conversations, relationships does your vision disappear?

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3. Keep looking for recurring patterns and write them down as you discover them.



4. Then begin to inject your vision into those parts of your life you observed in #1 and #2.

5. Keep working through steps #1-4.