

# Saturating Your Being With Appreciation

## Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

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



[MindfulnessExercises.com/Saturating-Appreciation](http://MindfulnessExercises.com/Saturating-Appreciation)

1. What did you feel best about today?

2. Did you attempt to “water down” or dilute this good feeling?

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3. If yes, how?



4. How do you feel about your successes now?

5. How will you take what you learned from this forward into your life?