

# Seeing the Big Picture

## 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 are the top five specific threats to your company during the next year? The next five years? The next ten years? What ought your company to do about them?

# Seeing the Big Picture

## Mindfulness Worksheet

2. What specific economic or political situations will impact your company most in the next year, the next five years, the next ten years? Answer this for your company as a whole, and for each major business. Then do it by geographical area: U.S. and North America, Asia, Europe, South America, Africa. What will the impact be? What ought your company to do in response?



3. What people, both within and outside your company, will have the most influence upon the company? What will the influence be?

