

# Shaping my Day-to-Day Life

## 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 is your attention on today? Why?

2. What is your day centered around today?

# Shaping my Day-to-Day Life

## Mindfulness Worksheet

3. What are you afraid might happen/not happen today? What if it does/doesn't happen?



4. What is most strongly affecting how you feel today?

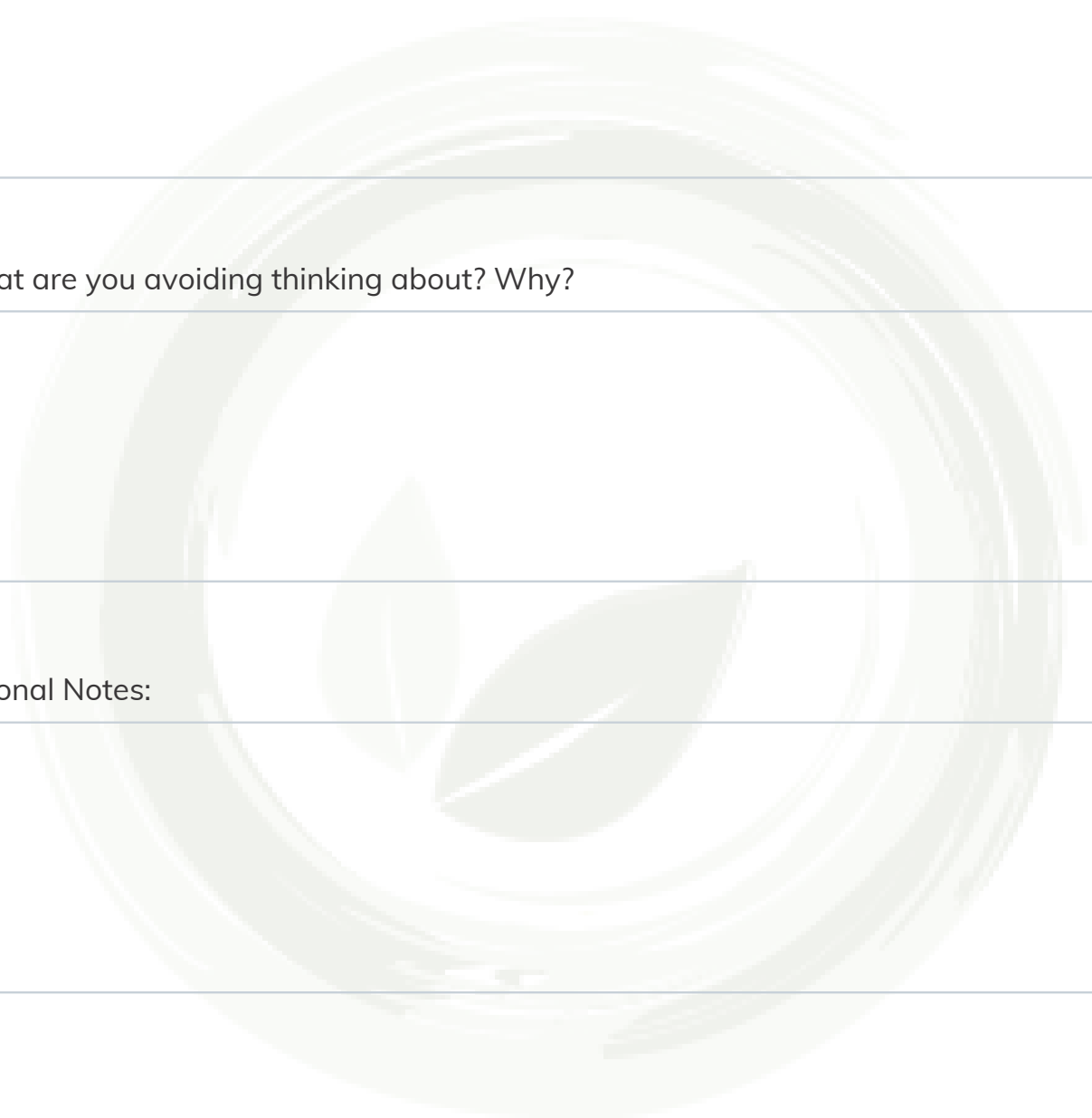
5. What patterns did you notice this week in your emotional response?

6. In what habitual ways did you react to people this week? How do you feel about this?

# Shaping my Day-to-Day Life

## Mindfulness Worksheet

7. What emotion are you avoiding feeling this week? What would happen if you did feel this emotion?



8. What are you avoiding thinking about? Why?

Additional Notes: