

Standing Up for Yourself

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. In what ways did you push back in relationships, conversations, meetings?

2. What happened from your pushing back? How did you feel? Did it produce any conflict? How did you respond to the conflict?

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3. Did you feel like pushing back and not do it? How are you justifying that? What were the consequences of not pushing back, especially in terms of your emotions, mood, energy?



4. What are you learning about yourself and pushing back? How and when will you take your learning into action?

Additional Notes: