

The Difference Between Private and Public Conversations

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 my internal conversations today, what were the topics? Did these conversations recur?

2. In my public conversations today, what was I most interested in?

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3. What was most difficult for me to listen to today?



4. Who was most difficult for me to listen to today

5. What part did I play in these difficulties?

6. What action(s) will I take from what I learned in this exercise?