

What is my Ultimate Purpose?

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. List the ten most important values in your life — how you really live.

2. List the five most important people in your life.

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3. List the three most important events in your life.



4. List the five biggest problems, issues, concerns in your neighborhood, community, state of world that you would most want to do something about.

5. List five times you felt most at home, or the best fit, or that the best was drawn out of you.