

Where Do You Get Off Course?

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

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



MindfulnessExercises.com/Get-Off-Course

1. What captured my attention? Why was that? What was the consequence of that?

2. Who captivated my attention? Why was that? What was the consequence of that?

Where Do You Get Off Course?

Mindfulness Worksheet

3. From what situation or conversation (including internal conversations) did I have difficulty extricating myself?



4. What actions will I take from what I observed in this exercise?