

# Clarifying Your Vision

## Worksheet for Mindfulness Teachers

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



As mindfulness teachers, we each have our own reasons for wanting to share mindfulness and meditation practices with others. While each teaching might be rooted in similar overarching values, our visions will be unique. Our personal interests, histories, and inner calling each inspire a reason for teaching mindfulness that is uniquely our own.

For example, some people feel a deep calling to support children in their earliest stages of development to remain curious, perceptive, and mindful of their environment. Others have a heartfelt yearning to support those working through trauma, to guide people going through life transitions, or to mindfully manage a particular stage of life experience.

This worksheet is designed to help you clarify your vision.

What is your reason for wanting to teach mindfulness?

Who do you feel most called to support?

While we can be of service to all types of people, many of us feel drawn to more specific work within the grand scope of mindfulness teaching. Note that this can evolve overtime as we learn and grow.

Start with the meditation below, then go deeper with the reflection questions. It may be helpful to return to this practice every 6-12 months to see what's changed for you.

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### **PRACTICE:**

1. Find a quiet place to rest comfortably for the next ten minutes or so. Elongate your spine, relax your shoulders, and close your eyes after you've read through these basic instructions.
2. Take a few mindful breaths to settle in. Feel yourself supported by the chair or the earth beneath you.
3. Once you feel grounded, call to mind the face of someone you long to support through your teachings. You might envision a person you actually know, but let this person be symbolic of the types of people you desire to teach. Remember, our job is not to enforce our practice on any one individual.
4. As you hold this person in your mind, consider:
  - What does this person long for?
  - What does this person struggle with?
  - What unique experiences does this person have?
  - What practices would be nourishing for this individual?
5. Spend about five minutes reflecting upon what it is you would like to offer to this person. You might also become aware of the ways in which you resonate with the struggles or experience this person has had.
6. When you feel you are ready to finish the practice, take a few long breaths to return to presence. Open your eyes and slowly open your awareness to the world around you. Follow this practice with the following reflection questions.

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### REFLECTION QUESTIONS:

1. Reflect back on the person you envisioned during this practice. What sorts of things have they experienced? What are some of their struggles? What do they long for?



2. Consider that each of us who completes this exercise will envision someone unique. Why do you think this is? Why do you resonate with the person who you envisioned?

3. What practices or teachings do you have to share with this type of person?

4. Take another five minutes to quietly consider: What is my purpose for teaching mindfulness? When you feel ready, jot down a purpose or vision statement below. If your vision or purpose is not crystal clear, this is entirely okay. Trust that it will clarify overtime; you do not need to force this. Simply jot down whatever ideas come to mind.