

Identifying Strengths and Room to Grow

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



We each have unique gifts to offer to this world. We also each have room to grow. Our personal evolution continues regardless of how successful or skilled we become as mindfulness teachers.

Being mindful of our personal makeup – including our strengths and our struggles – can inspire us to continue learning. Mindfulness helps enhance humility and reminds us we are all on our own individual journey of self-awareness – individually and yet together.

This exercise is an invitation to reflect upon and identify both our strengths and the areas in which we have room to learn and develop. As you move through this practice, cultivate curiosity and compassion towards the fullness of your humanity.

PRACTICE:

1. Find a place where you can sit comfortably for the next ten to fifteen minutes. Ensure you have a hard surface to write on.
2. Use the first five minutes to close your eyes and tune in to your breath. Stay with your breath as it flows in and out of your body. At this point, there is nothing you need to 'do' or identify.

Identifying Strengths and Room to Grow

Worksheet for Mindfulness Teachers

3. After five minutes of mindful breathing, cultivate a sense of warmth and tenderness towards yourself. You might silently repeat a loving-kindness affirmation to yourself three times.

May I feel loved. May I feel safe. May I feel happy. May I be at peace.

4. Slowly open your eyes and then scan the list of virtues and themes below. On a scale from 1 to 10, write down how well you embody each of these things. Note that this is not a competition; it is simply an opportunity for self-reflection.

As you go through this list, there may be times when conflicting inner voices cause uncertainty. You may not be sure of what number to write down. For instance, you might exemplify a great deal of patience with most others, but not all others. Without over thinking, go with what feels most true for you right now, knowing that these ratings could change from day to day.

In the blank spaces of the left column, feel free to write down any additional virtues, qualities, or topics that come to mind. You might include things you'd like to learn more about, such as Buddhist philosophy, neurobiology, or mindfulness teachings for kids. Write down a corresponding number to express how well you already embody this or how much you already know about this subject.

Virtue/Quality/Theme	How Much I Embody This Quality (on a scale of 1-10)
Patience with self	
Patience with others	
Curiosity about others/the world	
Respect for ancient traditions	
Trauma sensitivity	
Compassion for self	
Compassion for others	

Identifying Strengths and Room to Grow

Worksheet for Mindfulness Teachers

Virtue/Quality/Theme	How Much I Embody This Quality (on a scale of 1-10)
Compassion for the earth	
Thoughtfulness	
Authenticity	
Honesty	
Trust and openness	
Clarity in thought and speech	
Focus and attention	
Mindful listening	

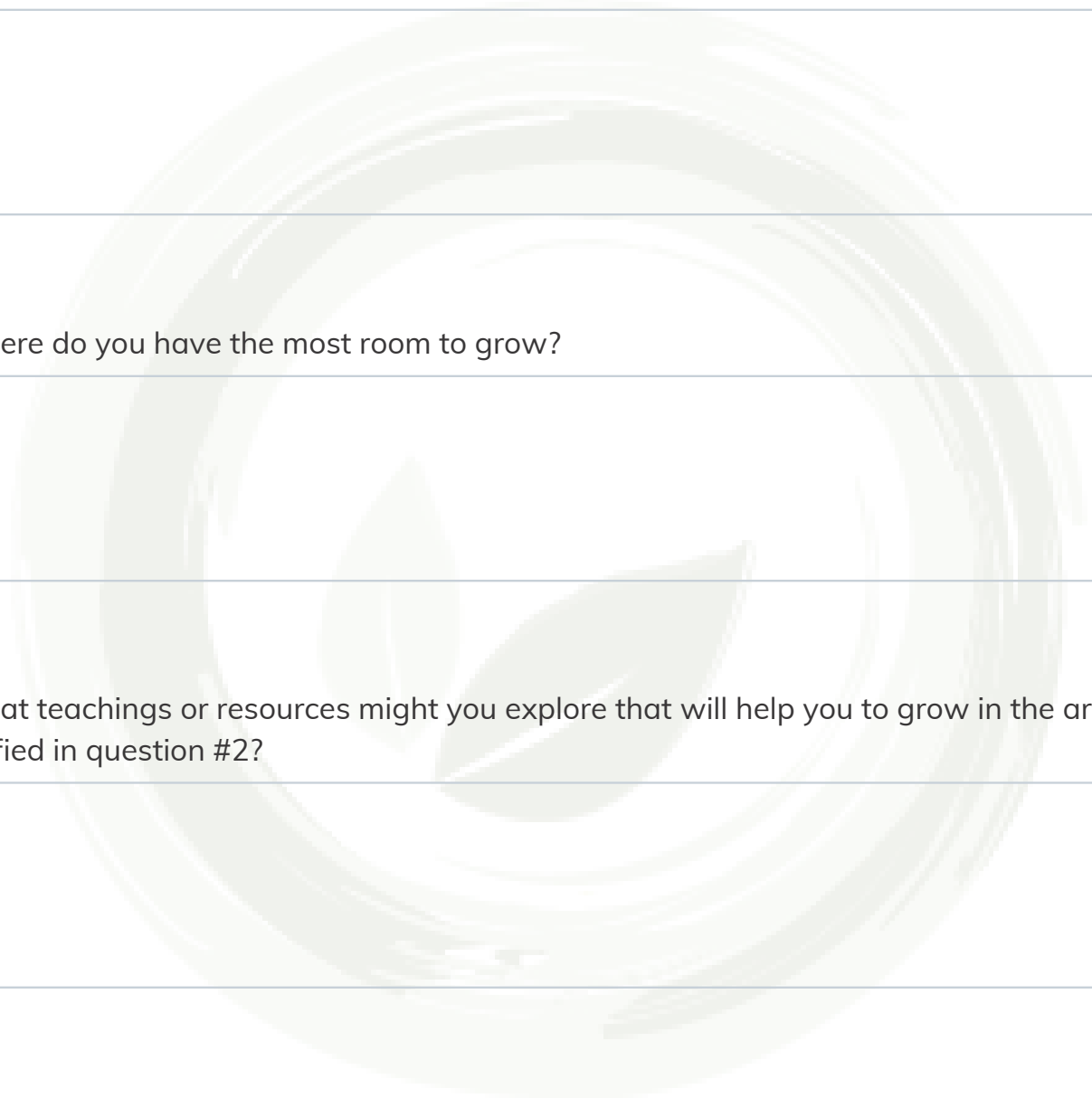
5. Once you are finished with this list, put it aside for a minute or two. Close your eyes and take another few rounds of deep breath. When you are ready, open your eyes and proceed with the following reflection questions.

Identifying Strengths and Room to Grow

Worksheet for Mindfulness Teachers

REFLECTION QUESTIONS:

1. What are your strengths? What do you embody or exemplify really well as of late?



2. Where do you have the most room to grow?

3. What teachings or resources might you explore that will help you to grow in the areas identified in question #2?