

Noting Your Way of Being

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



We all have unique 'ways of being' and many of us have more than one way. Depending on where our mind is or what our heart and body are experiencing, we might unconsciously be expressing a different aspect of our being.

But what is a way of being? How might we understand it conceptually?

We can think of our 'way of being' as an overarching field of energy, one that is influenced by our body, our thoughts, our mood, and our emotions, as well as by the environment around us. In essence, it is much like a cumulative field of energy. It can be relayed to others around us, such as through body language, speech, and physical gestures.

How often do we stop to consider what our 'way of being' is? Could there be some benefits to checking in this way? When we take the time to tune into our way of being, we gain valuable insight into how we are thinking, behaving, and potentially contributing to this energy field.

For instance, let's say we applied for a new job in the company we work for, but a co-worker received the promotion. Let's say this happened last week, but we are still carrying around the weight of it.

This is having an impact on our relationships (at work and at home), as well as our overall sense of wellbeing.

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To check in with our way of being can give us insight into how we might then shift our energy in compassionate ways.

This sort of inquiry is not about judging ourselves or pushing our way through difficult thoughts, feelings, or emotions. When we bring mindfulness to the process, it is patient, compassionate, and non-judgmental.

The following is a written exercise to help us tune into our present state of being. Ensure that you are approaching this with patience, compassion, and curiosity. Use this as a tool to enhance present moment self-awareness.

EXERCISE:

1. Take a moment to consider your most predominant 'way of being' today. What is the overarching energy? How would you describe it?

2. Consider with non-judgment how this way of being impacts:

a. Your wellbeing

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b. Your relationships with others



c. Other areas of your life

3. If the way of being you've identified feels positive on the whole, write down what contributed to this overarching energy field.

If the way of being you've identified feels unsupportive on the whole, consider what mindfulness practices or qualities might help you to gently shift your energy. You might consider things like: body awareness, mindful breathing, mindful movement, mindful communication, compassion, and non-judgment.

4. Regardless of what 'way of being' has been predominant for you today, can you tend to this with acceptance and compassion? What is the result?