

MINDFULNESS MEDITATION

# STUDENT WORKBOOK

SESSION 10

*Moving Forward*  
**MINDFULLY**



After Session 10, these exercises and reflections will keep you focused on moving forward with mindfulness. Creating goals, looking to the future, and setting intentions are part of developing mindfulness as a daily practice. But so is getting clear about what will not change—your deepest values, your inner guide, your truest mission in life. Think this week, and going forward, about what grounds you and what pushes you to new heights.

The following exercises, meditations, and journal topics will give you something to focus on each day between sessions. Feel free to complete them in any order you like, and even to repeat any exercise you find helpful or interesting. Let yourself be led by your needs and interests this week.

## Session 10 Contents:

- Journal Topics
- Aligning with Your Mission
- Developing an Inner Guide
- How to Set Realistic Expectations
- Mindful Self-Analysis
- Moving Forward in Your Life
- Opening Your Heart and Mind to Gratitude
- What is My Ultimate Purpose?
- Finding Your Way of Being
- Caring for Yourself in an Integrated Way
- Building a Network of Support
- Increasing the Power of Our Relationships
- Shaping My Day-to-Day Life
- Cultivating Child-Like Wonder
- What Do I Want for the Future?

## Session 10 Journal Topics:

1. How do you like to set goals? Does it feel exciting or daunting? Reflect on your self-motivation and how you respond to goals you set or are set by others for you.
2. How has your purpose in life changed and evolved? Think about what you thought your purpose was as a teenager, then as a young adult. Compare those purposes to what you believe today. What inspired any changes?
3. Reflect on who and what are the biggest influences in your major life decisions. Whose voices do you rely on and listen to most? What factors, feelings, or criteria impact your decisions most? What other people or things you would like to rely on as well?
4. Describe in detail the kind of life you wish for someone you love dearly. Write about how you want that person to feel, what you want them to have, what you wish for their wellbeing, and why they deserve it. Then, imagine wishing all these things for yourself, too. How does that wish make you feel?

# Aligning with Your Mission

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. In what ways were you aware of your personal mission statement?

2. How did your personal mission statement shape your actions, conversations and planning?

# Aligning with Your Mission

3. What distracted you from your personal mission statement?



4. What action(s) will you take from what you observed in this exercise?

Additional Notes:

# Developing an Inner Guide

Date / Time:

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☐

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## PURPOSE / EFFECTS:

An inner guide can be a great ally for your emotional and spiritual wellbeing. Developing an internal nurturing and encouraging figure reminds you of your abilities and good qualities, while providing counsel in difficult times. An inner guide combines the benefits of a good friend (a shoulder to lean on) with self-inquiry and introspection, allowing us to make better decisions and improving our self-esteem and self-image when we need it most.

## METHOD:

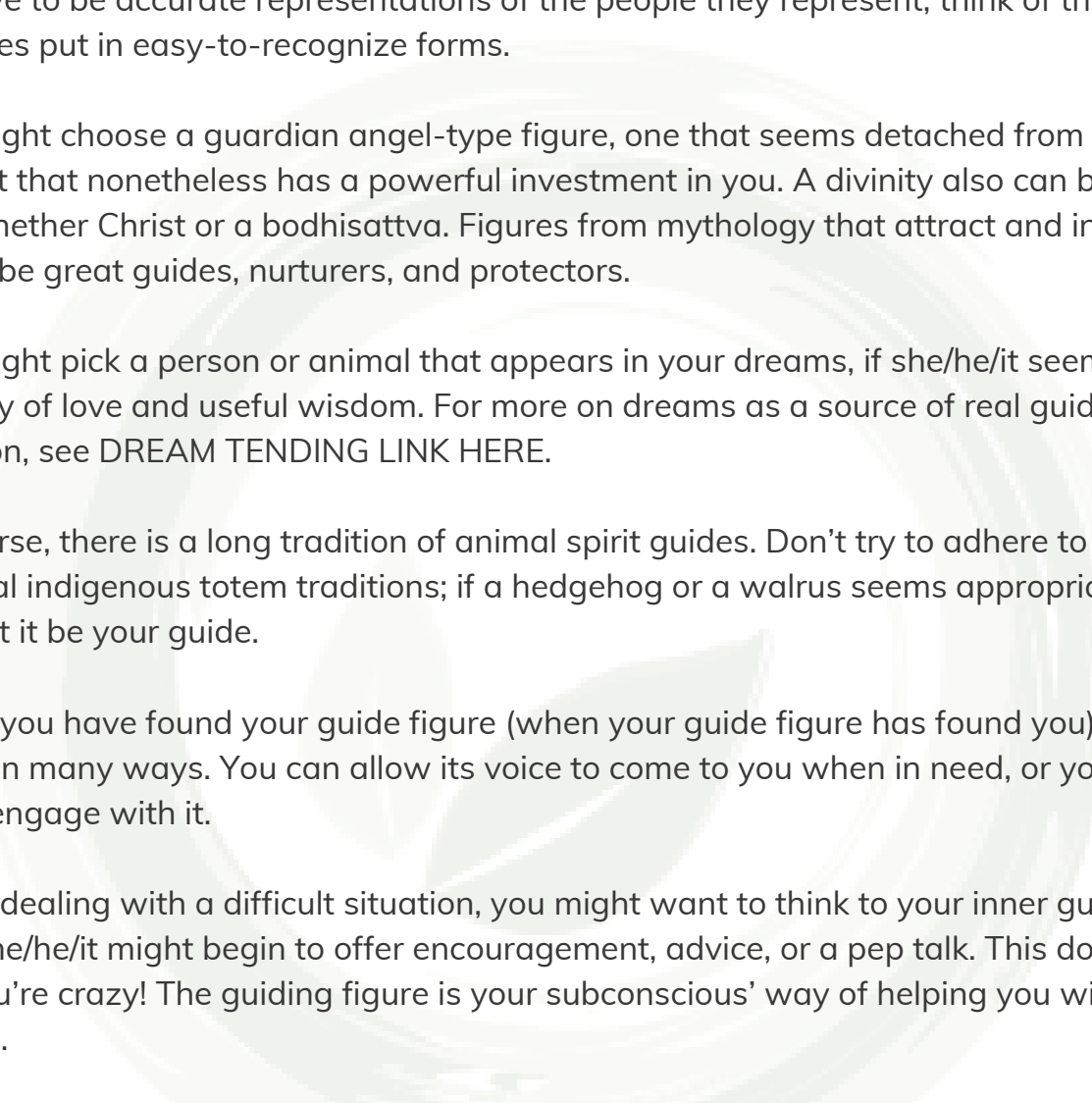
### Summary

Find a figure and allow it to help sustain you.

### Long Version

1. Choosing a guide may seem like a difficult task. There are many options to choose from. Your selection should be informed by your own personal needs: if you are hard on yourself, choose a figure you think will offer unconditional love; if you need steeling and unsparing encouragement, choose a figure that you respect as a caring but tough hero.

# Developing an Inner Guide

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2. You might choose a real person, alive or dead, whom you have known. Perhaps you had a grandmother who was always a source of intense love and affection, or perhaps your father always knew how to sternly but lovingly snap you out of lazy spells. These guides don't have to be accurate representations of the people they represent; think of them as archetypes put in easy-to-recognize forms.
  3. You might choose a guardian angel-type figure, one that seems detached from this world but that nonetheless has a powerful investment in you. A divinity also can be a great guide, whether Christ or a bodhisattva. Figures from mythology that attract and inspire us can also be great guides, nurturers, and protectors.
  4. You might pick a person or animal that appears in your dreams, if she/he/it seems to be a repository of love and useful wisdom. For more on dreams as a source of real guidance and inspiration, see [DREAM TENDING LINK HERE](#).
  5. Of course, there is a long tradition of animal spirit guides. Don't try to adhere to traditional indigenous totem traditions; if a hedgehog or a walrus seems appropriate, by all means let it be your guide.
  6. When you have found your guide figure (when your guide figure has found you), you can proceed in many ways. You can allow its voice to come to you when in need, or you can actively engage with it.
  7. When dealing with a difficult situation, you might want to think to your inner guide figure. She/he/it might begin to offer encouragement, advice, or a pep talk. This doesn't mean you're crazy! The guiding figure is your subconscious' way of helping you with what you need.
  8. You may also want to enter a meditative state through deep breathing and physical relaxation. In this state, you can engage actively with your inner guide and ask she/he/it for help. Record what you learn and use it in the future.
  9. Constantly engage with and build up your relationship with your inner guide, and its strength will increase.



# Developing an Inner Guide

## HISTORY:

Praying for guidance is a part of many traditions, and through the ages saints, bodhisattvas, and angels have acted as inner guides for many people in many different cultures.

The stereotype of the indigenous American spirit animal comes from many different traditions: from the totemism of the Pacific Northwestern tribes to the nahualism of the Mesoamerican people, animals were often seen as embodying traits that influenced and guided humans.

In the late 19th century, early new age groups known as Spiritualists and Theosophists began talking explicitly about “spirit guides,” often channeled spirits of the dead.

## NOTES:

Sometimes your best inner guide might come to you in a dream. The characters in our dreams, both those based upon people and things we know in waking world and the completely mentally fabricated, offer insight into what we might need in a guiding figure.



# How to Set Realistic Expectations

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

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Environment

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What specifically do you expect from your spouse (or significant other)?

A husband / wife?

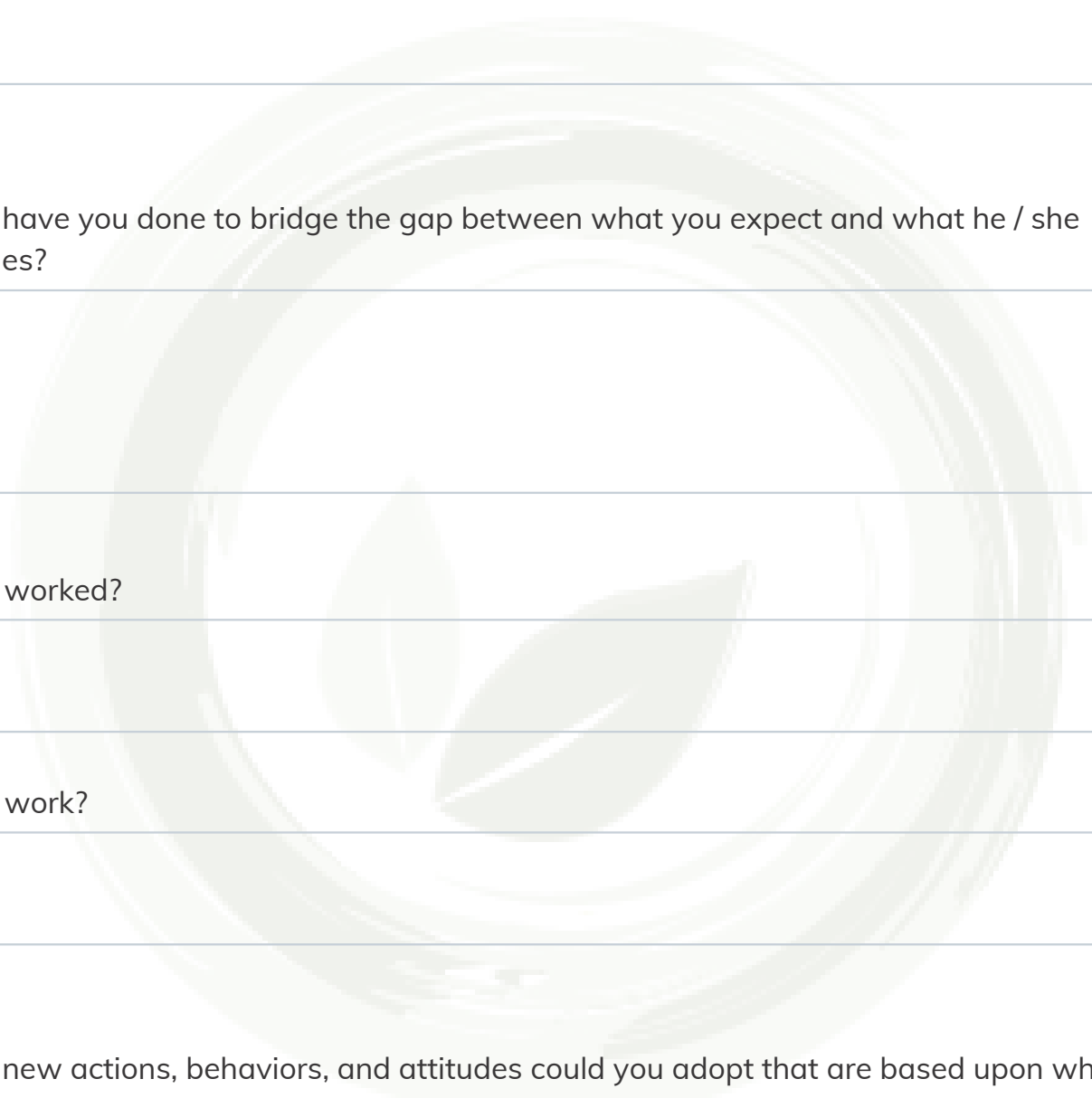
As a father / mother?

As a life-partner?

Financial contribution?

# How to Set Realistic Expectations

What does he / she actually provide?



What have you done to bridge the gap between what you expect and what he / she provides?

Has it worked?

Can it work?

What new actions, behaviors, and attitudes could you adopt that are based upon what really happens and not what you expect?

# How to Set Realistic Expectations

What are the benefits of this adoption?



This is written for a spouse (especially question #1), but can be modified to fit other relationships.

# Mindful Self-Analysis

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

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1. You have learned how mindfulness can help with stress reaction and through journalling you have discovered some of your stressors and habitual patterns that exacerbate your stress and anxiety. You have practiced mindful breathing, the body scan and mindful meditation.

2. Now it is time to combine these practices and incorporate them with mindful self-analysis to specifically work with stress and anxiety by focusing on the situations and issues that are most relevant to your stress and your life.

3. Mindful self-analysis is an exploration of your own mind and being by looking into the emotions, thoughts, and physical sensations that may be exacerbating anxiety and stress and acknowledging stressful or anxious feelings without analyzing, restraining or promoting them.

4. Acknowledging stressful and worrisome feelings can often help to dispel them.

5. By exploring these concerns without fighting them or running away from them, you get the chance to discover the underlying cause of your concern and break free of the mind snares that these concerns create.

# Mindful Self-Analysis

6. During the next week, try a self-analytic approach to stressful situations and examine your feelings mentally, emotionally and physically without judgment. Were you able to dispel any stressful or worrisome feelings by acknowledging them?



7. Take a moment to write down any stressful situations you encountered over the week and how you dealt with those situations.

8. How will you take what you learned from this forward into your life?

# Moving Forward in Your Life

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

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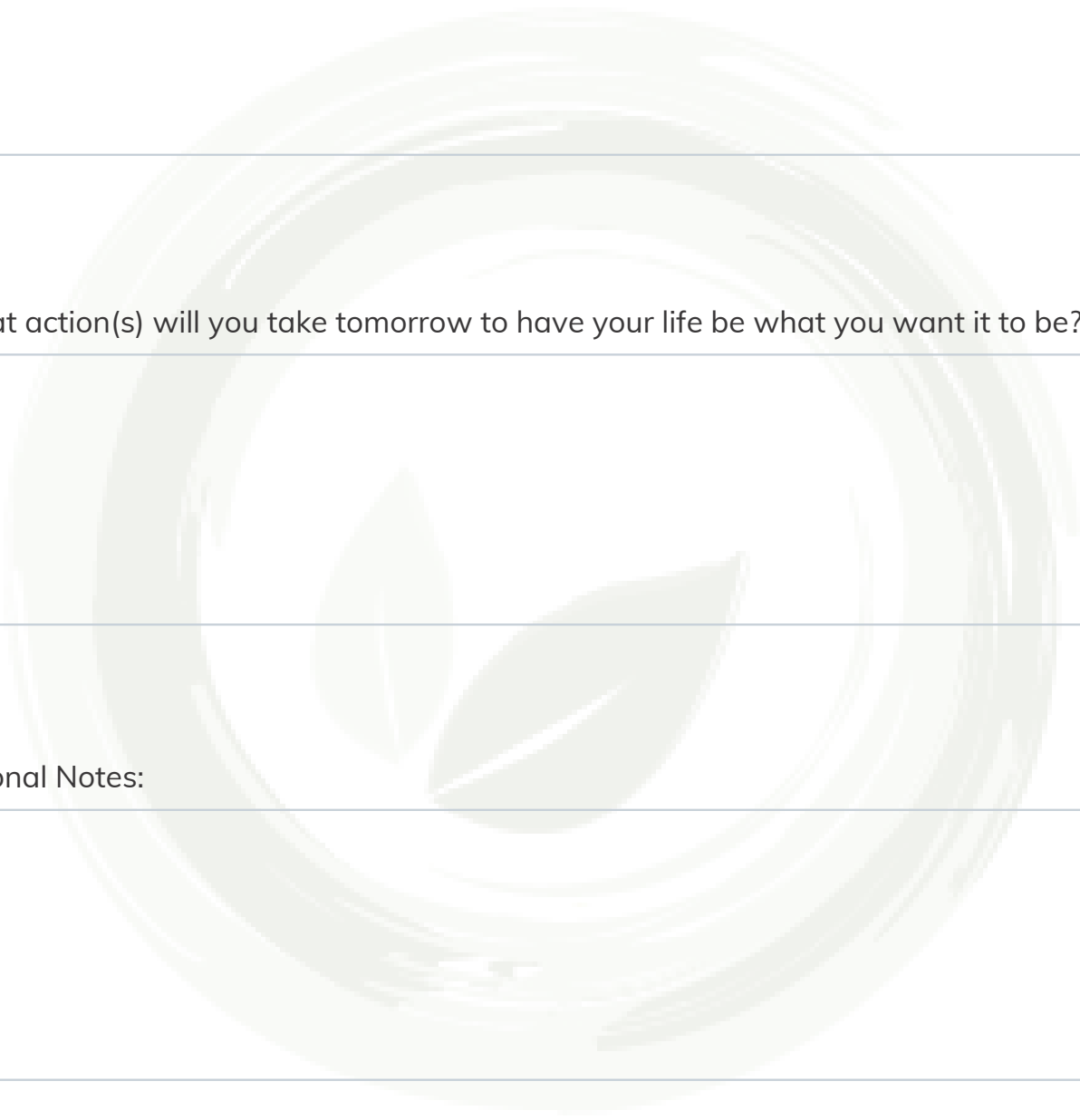


1. What action(s) did you take today to move forward in how you want your life to be?  
What outcome(s) did you produce with these actions?

2. What actions did you avoid taking? What were the consequences (both immediate and long-term) of your avoidance?

# Moving Forward in Your Life

3. About what are you feeling more confident and certain?



4. What action(s) will you take tomorrow to have your life be what you want it to be?

Additional Notes:



# Opening Your Heart and Mind to Gratitude

Date / Time:

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

☐

Thoughts?

☐

Heart?

☐

Body?

☐

None

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1. Begin to look for opportunities to be grateful.

2. Start noticing what people provide for you each day. Be thorough—notice all of them.

# Opening Your Heart and Mind to Gratitude

3. Observe how much is freely given to you each day by life itself.



4. Keep capturing chances to be grateful. Allow your heart to open more and more to the experience of gratitude.

5. How will you take what you learned from this forward into your life?

# What is my Ultimate Purpose?

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

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

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

# What is my Ultimate Purpose?

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.

# Finding Your Way of Being

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

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1. What way of being was most often present for me today?

2. What way of being was most often present for me today?

# Finding Your Way of Being

3. What specific effects did this way of being have on my relationship? My sense of self? My results?



4. What action(s) will I take from what I observed in this exercise?

Additional Notes:

# Caring for Yourself in an Integrated Way

Date / Time:

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

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

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1. How will you stay in touch with your feelings?

2. How will you continually care for yourself?

- ☐ Emotionally?
- ☐ Physically (Your Body)?
- ☐ Financially?
- ☐ Relationally?
- ☐ Spiritually?



# Caring for Yourself in an Integrated Way

3. Who will be part of your life ongoingly?



4. How will you stay on course in having what you want in your life?

5. How will you take what you learned from this forward into your life?

# Building a Network of Support

Date / Time:

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

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

*To begin this Meditation on Building a Network of Support, please bring kind awareness to*

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## PART 1

List the names of people in each category below. Then take the appropriate action to expand/extend your network of support.

### 1. Your peers

### 2. Your boss

### 3. Your boss's boss

### 4. Your three top internal customers

### 5. Your three top external customers

### 6. Your subordinates

### 7. Your executive managing your part of the company

# Building a Network of Support

## 8. Your CEO

## 9. The chairman and two other board members

## 10. The person holding the job you want next

## Additional People

Your counterparts in other parts of the company

Experts in the political environment of the company

The people you admire at work

The people making decisions about your career

## Questions

1. What concerns or *breakdowns* can I alleviate for this person?

2. What information, support or guidance can I offer to this person?

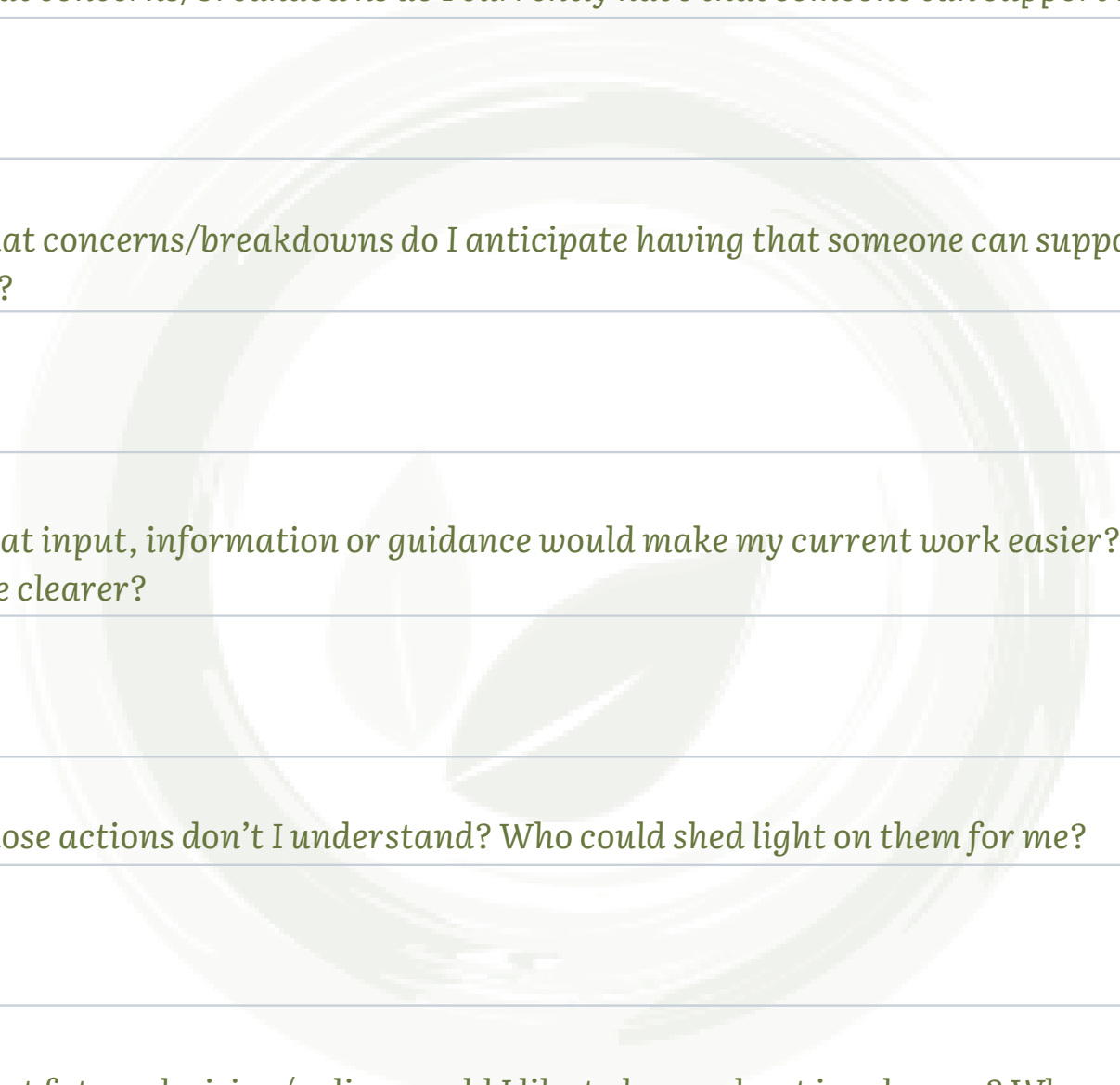
3. In what other ways can I support this person?

# Building a Network of Support

## PART 2

Make a list of people at work who can be part of your network of support. Use the questions that follow to prompt your thinking. Keep your eyes open for new people to include.

1. *What concerns/breakdowns do I currently have that someone can support me in?*



2. *What concerns/breakdowns do I anticipate having that someone can support me in?*

3. *What input, information or guidance would make my current work easier? My future clearer?*

4. *Whose actions don't I understand? Who could shed light on them for me?*

5. *What future decision/policy would I like to know about in advance? Who could help me with this?*

# Increasing the Power of Our Relationships

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

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Body

☐

Breath

☐

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## PREMISES

1. We can only encounter our own structure of interpretation. It's transparent to us.
2. This is also the case for everyone else.
3. We cannot change what others do/are and it wouldn't necessarily change our experience if we could. See #1.
4. Our power in relationship follows from our employing them to learn about ourselves, our connection to others, and service.

## Process One: Individual Issues

For each category of person listed below:

- a. List the name of each person, and
- b. List the particular concern/issue you have with that person (including hurts, disappointments, frustrations, confusions).

# Increasing the Power of Our Relationships

Father

Mother

Sister(s)

Brother(s)

Spouse

Children

Lover(s)

Friends

Co-workers

Boss

Customers

Enemies

# Increasing the Power of Our Relationships

## Process Two: Patterns of Issues/Concerns

Read over what you listed in Process One. What patterns do you observe? What way(s) do you typically experience issues / concerns in relationships? In what way(s) do you react, feel, express yourself, and withhold yourself based on these issues / concerns?

For each category, write 1-2 sentences summarizing the patterns you detected.

Father

Mother

Sister(s)

Brother(s)

Spouse

Children

Lover(s)

Friends

Co-workers

Boss



# Increasing the Power of Our Relationships

Customers

Enemies

Write 3-4 sentences summarizing what patterns you detected in your relationships overall.

## *Process Three: Qualities I Admire*

For each category of person listed below, list the name of each person, and list the qualities you admire about that person.

Father

Mother

Sister(s)

Brother(s)

Spouse

Children

# Increasing the Power of Our Relationships

Lover(s)

Friends

Co-workers

Boss

Customers

Enemies

## ***Process Four: Patterns in What I Admire***

Read over what you listed in Process Three. What patterns do you observe? What is the typical way(s) you admire people? In what way(s) does what you admire effect how you react, feel, express yourself, or withhold yourself?

For each category, write 1-2 sentences summarizing the patterns you detected.

Father

Mother

Sister(s)

Brother(s)

# Increasing the Power of Our Relationships

Spouse

Children

Lover(s)

Friends

Co-workers

Boss

Customers

Enemies

Write 3-4 sentences summarizing what patterns you detected in your relationships overall.

# Shaping my Day-to-Day Life

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

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1. What is your attention on today? Why?

2. What is your day centered around today?

# Shaping my Day-to-Day Life

3. What are you afraid might happen/not happen today? What if it does/doesn't happen?



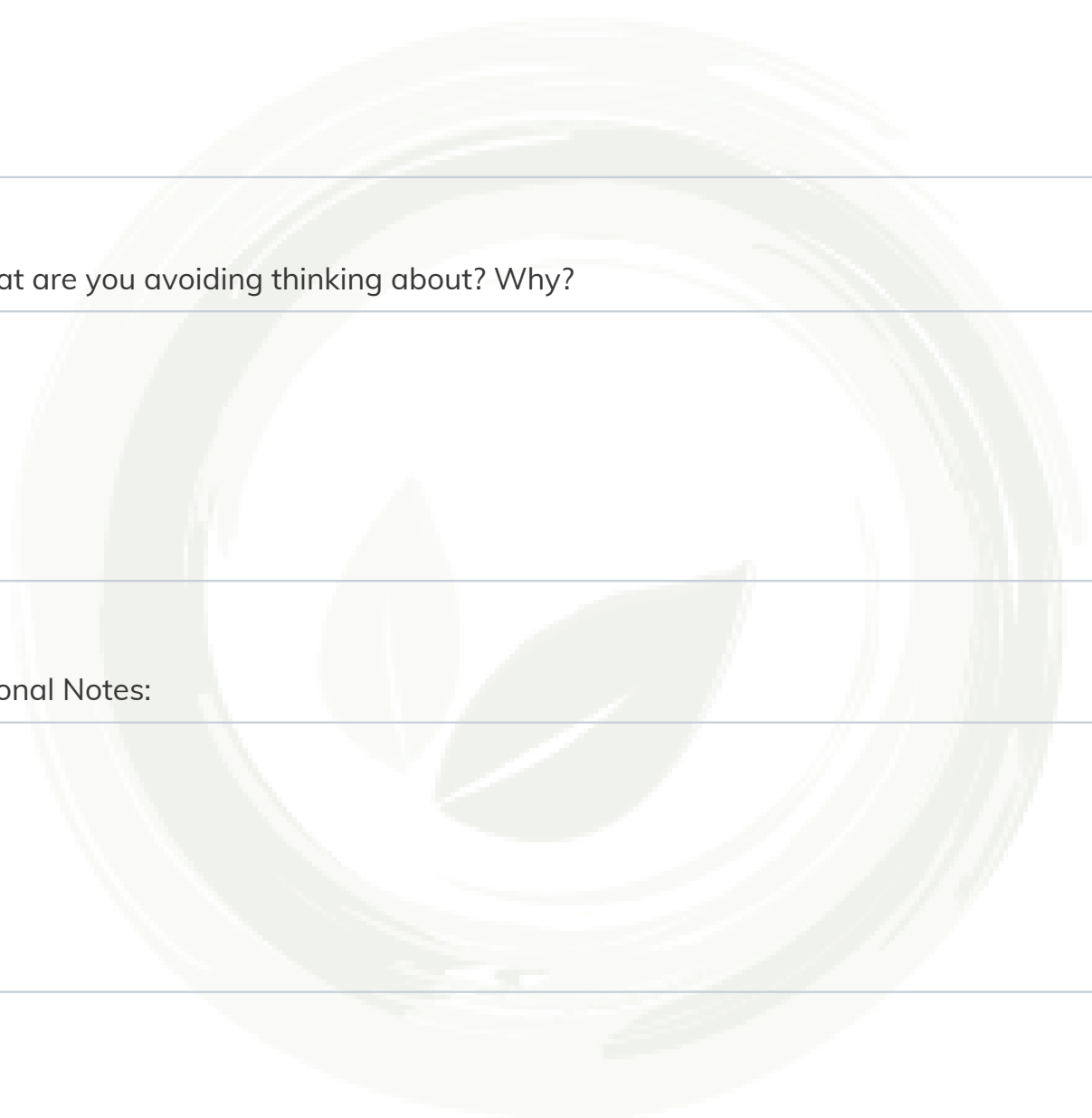
4. What is most strongly affecting how you feel today?

5. What patterns did you notice this week in your emotional response?

6. In what habitual ways did you react to people this week? How do you feel about this?

# Shaping my Day-to-Day Life

7. What emotion are you avoiding feeling this week? What would happen if you did feel this emotion?



8. What are you avoiding thinking about? Why?

Additional Notes:

# Cultivating Childlike Wonder

Date / Time:

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

☐

Thoughts?

☐

Heart?

☐

Body?

☐

None

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Children are far much more attuned to their environment than most adults. They revel in the wonder of everything around them. By harnessing our own childlike capacity for presence and curiosity, our auto-pilot function shuts off and our attention to the environment around us is enhanced.

## PRACTICE:

You can practice cultivating these qualities of presence and curiosity by:

1. Take a moment to pause wherever you are – whether seated, standing, or lying down.
2. Close your eyes and invite your open and curious inner child to come to the surface.
3. When you open your eyes again, imagine as if you are experiencing everything around you for the first time. For a few minutes, scan your environment as you cherish:
  - a. The colors and textures of whatever surrounds you
  - b. Any aromas that fill the air
  - c. The feel of the earth, chair, bed, or other surface beneath you
  - d. Any movements, such as tree branches in the wind

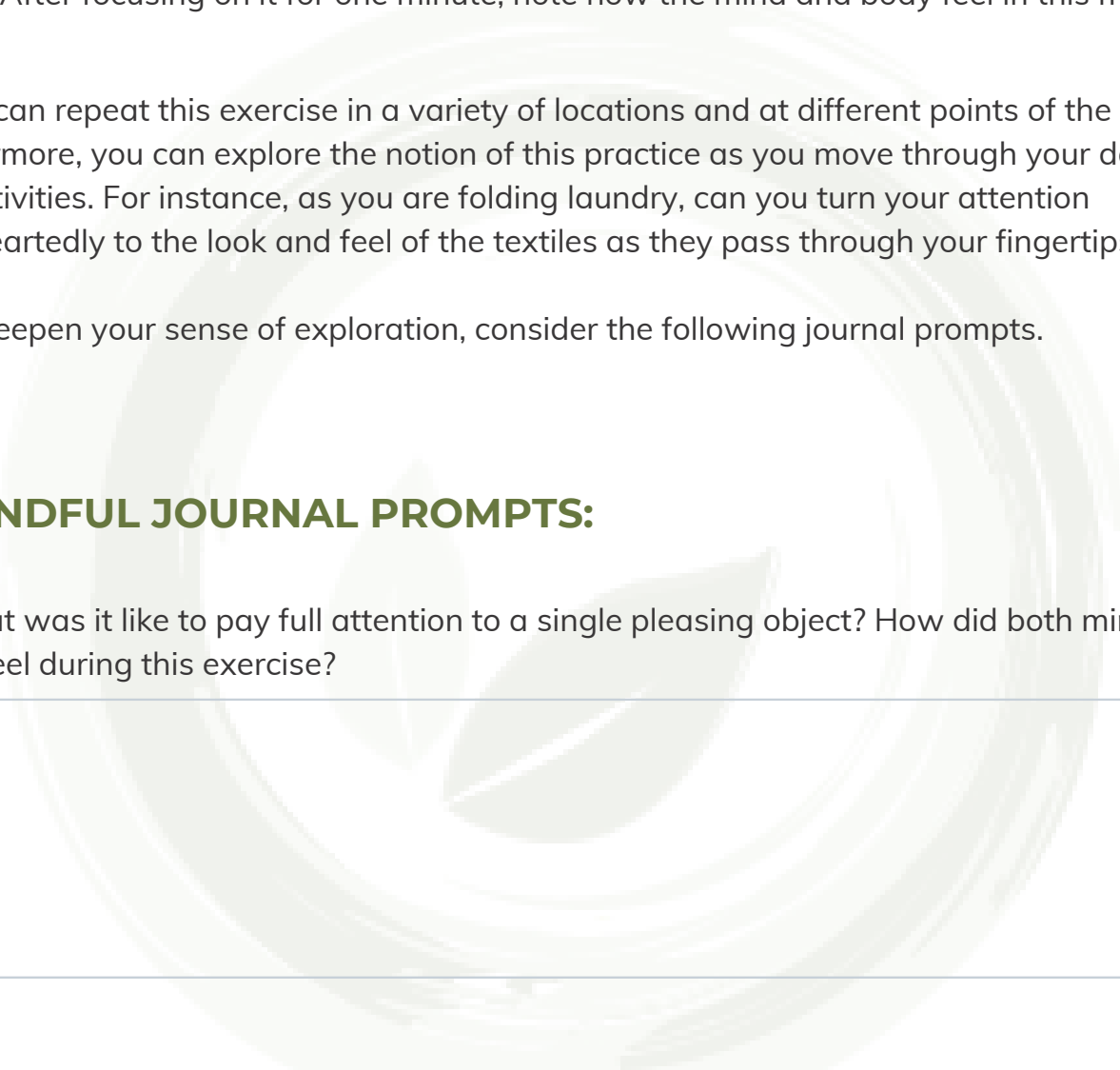


# Cultivating Childlike Wonder

4. Hold your attention on one particular object of your awareness now – something that pleases your senses. Then consider:
  - a. What about this brings you a sense of happiness, contentment, or peace?
  - b. What unique properties or characteristics does it have?
  - c. After focusing on it for one minute, note how the mind and body feel in this moment.
5. You can repeat this exercise in a variety of locations and at different points of the day. Furthermore, you can explore the notion of this practice as you move through your day-to-day activities. For instance, as you are folding laundry, can you turn your attention openheartedly to the look and feel of the textiles as they pass through your fingertips?
6. To deepen your sense of exploration, consider the following journal prompts.

## MINDFUL JOURNAL PROMPTS:

1. What was it like to pay full attention to a single pleasing object? How did both mind and body feel during this exercise?



2. What areas of your life do you grant this same level of focused attention to? What areas of your life would you like to grant this level of attention to?

# Cultivating Childlike Wonder

3. How could this practice be applied to the inner world? For instance, could the same curious attention be granted to a thought, feeling, or emotion?



# What Do I Want for the Future?

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

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This is an inventory that you complete by both observation and research.

## What do you want to be doing?

6 months

1 year

2 years

5 years

10 years

20 years

## Whom do you want in your life? In what capacity?

6 months

1 year

2 years

5 years

10 years

20 years

# What Do I Want for the Future?

## What resources do you want to have?

6 months

1 year

2 years

5 years

10 years

20 years

## What experiences do you want to be having?

6 months

1 year

2 years

5 years

10 years

20 years

## In what ways do you want to be growing/learning?

6 months

1 year

2 years

5 years

10 years

20 years

## In what other way could you describe your life?

6 months

1 year

2 years

5 years

10 years

20 years