

Refining How You Speak Up

Mindfulness Worksheet

Date / Time:

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

Thoughts? Heart? Body? None

To begin this Meditation on Refining How You Speak Up, 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. What did you speak up for at work today?

2. What was the effect of your speaking up?

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3. Is this the effect you intended?



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

Thank you for your mindfulness practice.