

Cultivating a Quality or Virtue

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



DAILY

1. How did circumstances give you a chance to work on _____ (quality/ virtue selected)?

2. How were your actions/conversations an example of your progress?

3. What did you learn about the steps for you in working on _____?

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

WEEKLY:

Please take 10–15 minutes at the end of each week and address the following questions. From what you observed this week:

1. What movement did you make in working on _____?

2. What insights did you have about yourself / others / life from working on _____?

3. What movement do you intend to make in the upcoming week on _____?