

Diving Into Your Core

Mindfulness Worksheet

Date / Time:

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

Thoughts? Heart? Body? None

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



MindfulnessExercises.com/Diving-Core

1. Begin to observe your relationship with your “gut feelings.”

2. When do you try to find them? When do you encourage others to find them?

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3. What do they tell you?



4. What outcomes for you, others, your community, our planet result from you following your “gut feelings?”

5. What action(s) will you take from what you observed here?