

How Do I Spend My Time?

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



For seven days please keep an exact accounting of how you spend your time. Include every minute of the 24 hours. Then, please do an analysis in 15-minute intervals in these categories:

Time with Family

Time with Intimate Partner

Time Working

Time with self-care

Time relaxing

Time with friends

Time doing household chores

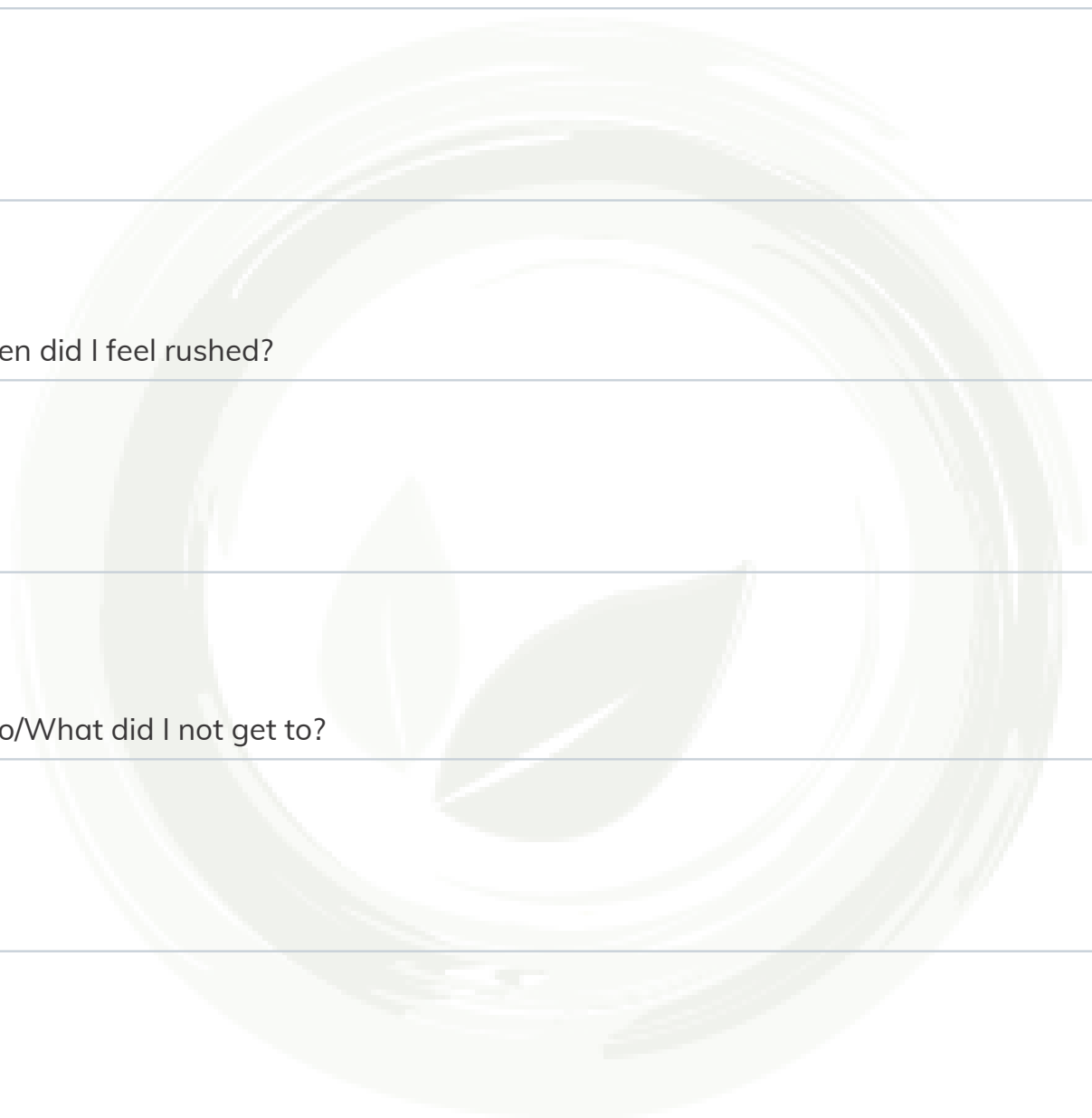
Other (specify):

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Then, ask yourself these questions and briefly write out your responses.

1. Who/What did I not have enough time for?



2. When did I feel rushed?

3. Who/What did I not get to?