

Trusting in Yourself

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

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MindfulnessExercises.com/Trusting

Daily

1. How much did you trust yourself today? Why is that?

2. When did you mistrust yourself today? Why is that?

3. How did your trust/mistrust of yourself affect your work today? Your conversations? Your results? Your relationships? Your confidence?

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

Weekly

Please take 20–30 minutes at the end of each week and address the following:

1. What about how you talk, be silent, present yourself inspires the most trust in others?

2. In what parts of life do you feel totally trusted? Totally trustworthy? How did you bring that about?

3. In what parts of life do you feel the least trusted? Least trustworthy? How did these judgements come about?

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