

# Where Do You Get Off Course?

## 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/Get-Off-Course**

1. What captured my attention? Why was that? What was the consequence of that?

2. Who captivated my attention? Why was that? What was the consequence of that?

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3. From what situation or conversation (including internal conversations) did I have difficulty extricating myself?



4. What actions will I take from what I observed in this exercise?