

Care Most About Activity

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



Name:

Date:

AT WORK...

In the space below, list the things that you care most about at work. Make it a word-cloud where the items that are most cared about are written in larger print, and the items less cared about are written in smaller print.

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OUTSIDE OF WORK...

In the space below, list the things that you care most about in your life outside of work. Again, make it a word cloud with the most cared about items being written in larger print.

