

# Time and Energy 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



Consider how you spend your time and energy in a typical week, both at work and outside of work. List all of the activities in the table below to create a picture of how the time and energy is being spent. After listing all of the activities, circle only the ones that you feel make a positive difference.

### TIME/ENERGY SPENT AT WORK

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# Time and Energy Activity

## Mindfulness Worksheet

### ■ TIME/ENERGY SPENT OUTSIDE OF WORK

