

Making Mindful Decisions

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



Practicing mindfulness does not exempt us from having to make difficult decisions. No matter how attentive we are to life, we are often faced with choices. How do we decide between choice A and choice B?

Making mindful decisions is not about choosing the 'good' option over the 'bad' one. It is a process of inquiry that requires openness, curiosity, and patience. Furthermore, it is a process that is fueled by compassion.

When we are faced with a decision, we can use mindfulness to help us make the decision that is (on the whole) most aligned with what the present moment calls for. There are likely to be competing factors, but during mindful decision-making, we hold space for all factors to be present. We do not deny the difficulty of the decision we face nor do we push inconvenient factors away. We hold space for it all.

This exercise contains two parts. The first is a meditation to mindfully explore how two different choices resonate with us. It is a useful tool to help us assess what decision we will make if we are facing one.

The second part of the exercise is for mindful reflection about how we make decisions, focusing on a single choice we have had to make in the past. Both of these exercises enhance our awareness of the decision-making process, providing us with tools and insights to make more mindful decisions going forward.

Making Mindful Decisions

Mindfulness Worksheet

PART ONE:

1. Take a moment to find a comfortable seated position. Close your eyes, settle in, and follow the natural flow of your breath for a couple of minutes.
2. When you feel settled, call to mind a decision that you need to make. Hold it in your awareness without jumping to ideas about right or wrong, good or bad. See if you can just hold it there for a few breaths.
3. Now, consider your options. Are there two decisions you could make? Are there three? Identify what your options are, limiting the choices to a maximum of three in order to avoid overwhelm.
4. Then, take a few minutes to sit with each potential decision. As you do, inquire:
 - *How does this decision feel in my mind?*
 - *How does this decision feel in my body?*
 - *How does this decision feel in my heart?*

Ask yourself these three questions for each of the choices you could make. Take your time to explore whatever arises and ensure that you are cultivating curiosity, patience, and compassion as you explore this.

5. After you have finished tuning into the feelings associated with each potential choice, ground yourself through a couple of minutes of mindful, compassionate breathing. When you feel ready, open your eyes and write down what you observed.

Observations:

Making Mindful Decisions

Mindfulness Worksheet

PART TWO:

For this exercise, consider a decision you recently made. For instance, it might be what you decided to cook for dinner, what book you decided to read, or how you addressed a workplace conflict. With this decision in mind, answer the following reflection questions to enhance mindfulness of your decision making process:

1. What was the decision that you made?

2. How did you make your decision?

3. Was there any conflict in making this choice?

4. Did you learn anything from making this decision?