

Building True Power

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



What beliefs or perceptions will you adopt or release so that you are more powerful?

MY INNER WORLD

1. What habits to begin?

2. What habits to end?

Building True Power

Mindfulness Worksheet

3. What habits to modify?

... So that your power concentrates and does not leak away.

MY BODY AND MY EXPRESSION

What can you do/stop doing/modify doing so that you can...

1. Endure with anxiety, discomfort, boredom, uncertainty?

2. Lack of support / being seen / confirmation?

3. Growing older / pain / limitations?

Building True Power

Mindfulness Worksheet

4. Be resilient?

5. Quickly recover from failures / disappointments / betrayals / accidents / losses?

HOW I RELATE INTERPERSONALLY

How will you go about building alliances around what work is yours to do?

How will you surround yourself with people with whom you resonate, get in touch with your essence and this have a pathway open in the world?

Building True Power

Mindfulness Worksheet

HOW I RELATE WITH TECHNOLOGY

What systems / procedures / equipment will you take up/put down/alter so that your life has...

- More effectiveness / efficacy
- More harmony

