

# Dissolving our Barriers to Integrity

## 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



### PART ONE: RELAXED, YET PRESENT

Close your eyes. Settle into the chair. Feel the weight of your body on the chair. Take a moment to notice your breathing.

Okay, here we go with an exercise. Lightly touch and note what comes up. Don't justify, explain or censure anything. Be spacious and cordial to whatever happens.

### PART TWO: THE QUESTIONS

1. Regarding integrity, what decisions have you made? (repeat 3x's)

# Dissolving our Barriers to Integrity

## Mindfulness Worksheet

2. Regarding integrity, whom are you trying to please? (repeat 3x's)



3. Regarding integrity, whose domination are you trying to avoid? (repeat 3x's)

4. Regarding integrity, how can you win? (repeat 3x's)

5. Regarding integrity, what rules are you following? (repeat 3x's)

6. Regarding integrity, what standards are you following? (repeat 3x's)

# Dissolving our Barriers to Integrity

## Mindfulness Worksheet

7. Regarding integrity, what laws are you following? (repeat 3x's)

8. Regarding integrity, what commandments are you following? (repeat 3x's)

9. Regarding integrity, what morals are you following? (repeat 3x's)

10. Regarding integrity, how do you assess yourself? (repeat 3x's)

11. Regarding integrity, how do you invalidate yourself? (repeat 3x's)

# Dissolving our Barriers to Integrity

## Mindfulness Worksheet

12. Regarding integrity, how do you punish yourself? (repeat 3x's)

PAUSE. Finish up on that. Rub your feet on the floor.

### PART THREE: PAIRED EXERCISE

With a partner, 3 minutes per person, address the following questions:

1. What came up for you in that exercise?

2. What does it show you about your life?

3. What patterns did you notice?