

# Mindful Life Design

## 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



### INTRODUCTION

The intent in design is an elegant unity of form and function. Please follow this principle as you perform this exercise, and do not allow the linear nature of the work to distract you from viewing your life as a whole.

### INSTRUCTIONS

- Please address all the areas listed in the order listed and be open to what the questions evoke.
- Keep integrating later work with earlier work so that your plan is integrated, complete and realistic.
- Develop action plans, schedules, time-lines, lists of promises, requests, declarations, etc. as needed to design all areas of your life.

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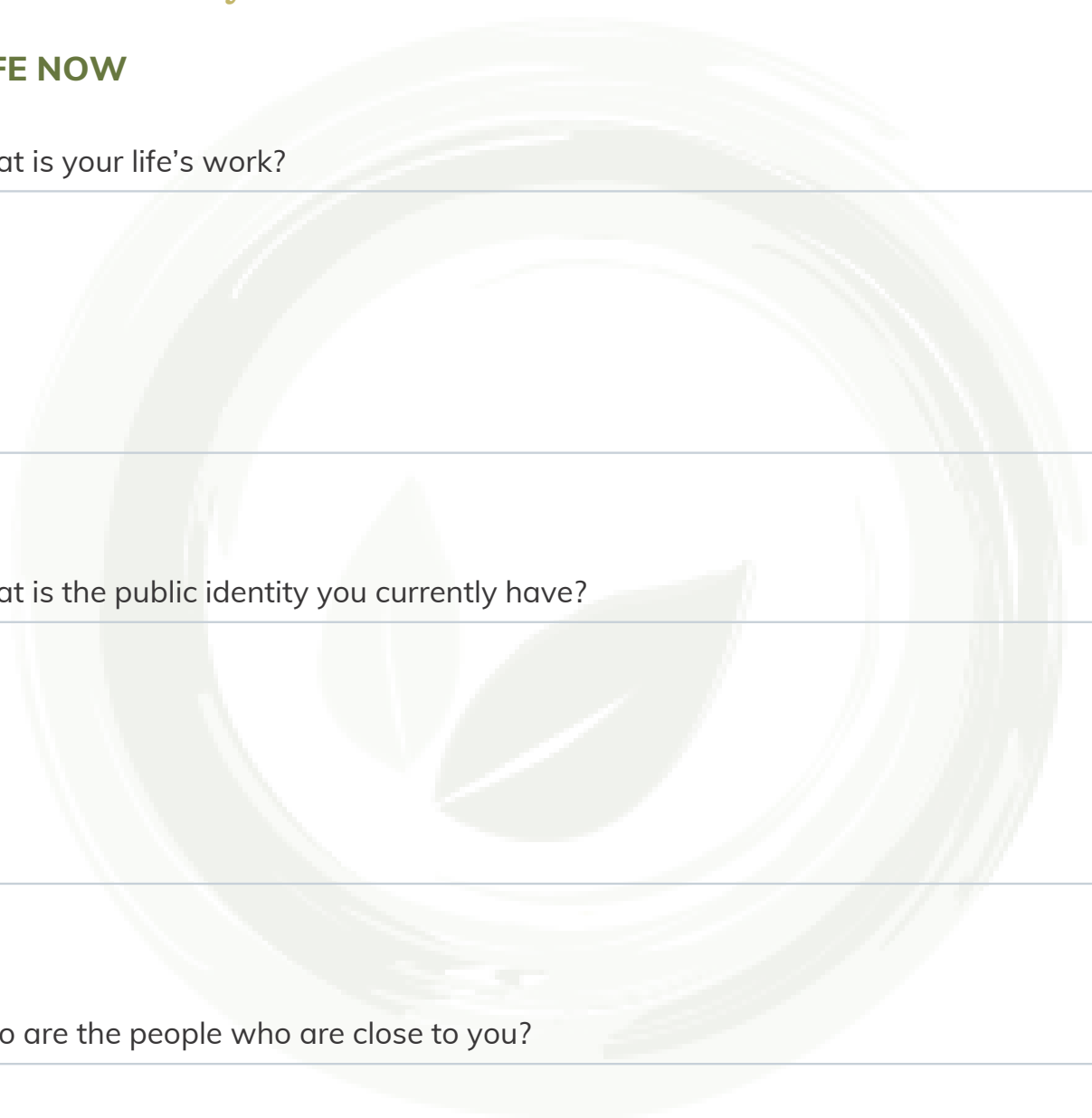
## Mindfulness Worksheet

### EXERCISE

#### Part I — Inventory

##### A. LIFE NOW

1. What is your life's work?



2. What is the public identity you currently have?

3. Who are the people who are close to you?

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4. What are the domains of action in your life now?



5. What are your current, unresolved breakdowns in all areas of your life?

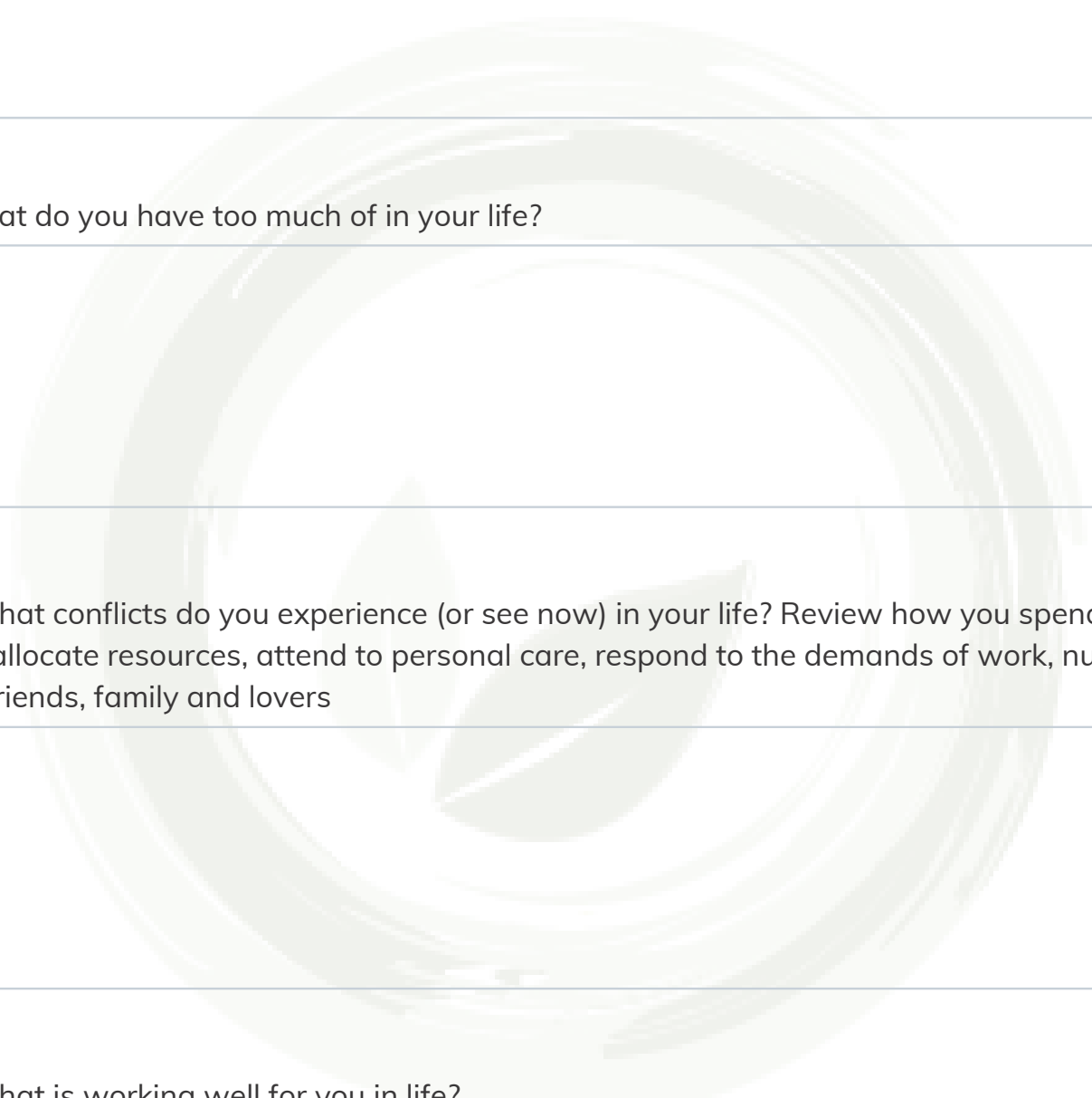
6. What is your basic, day-to-day mood?

7. What specific resources do you have at your disposal? List money, cash flow, lines of credit, tools, expertise, vehicles, residences, education, access to information, insurance, licenses, certificates, clothes and all other useful equipment. Be exact in listing quality and quantity for each item.

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8. What's missing for you in your life?



9. What do you have too much of in your life?

10. What conflicts do you experience (or see now) in your life? Review how you spend your time, allocate resources, attend to personal care, respond to the demands of work, nurture your friends, family and lovers

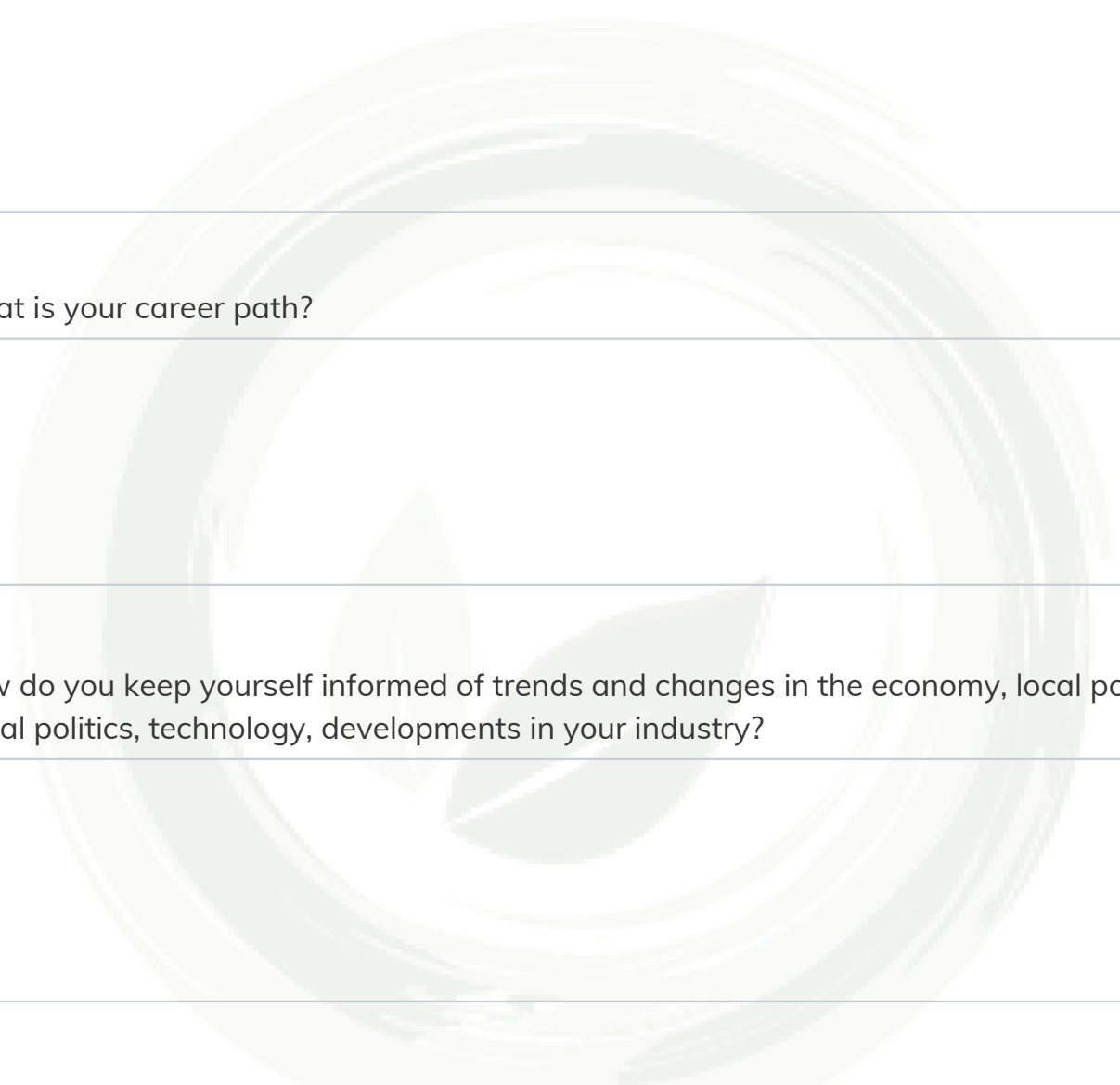
11. What is working well for you in life?

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### B. THE FUTURE

1. What plans do you have (if any) for dealing with potential health problems, retirement, your death, especially as you grow older?



2. What is your career path?

3. How do you keep yourself informed of trends and changes in the economy, local politics, national politics, technology, developments in your industry?

4. What do you want to accomplish in your life? When do you see these accomplishments happening? What resources in addition to the ones you currently have will be necessary to fulfill these accomplishments?

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5. Do you plan to have a family? How large? When?



6. How do you want to be known by others?

7. What do you want to learn more about?

8. Describe your life:

▶ 5 years from now

▶ 10 years from now

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► 15 years from now

► 20 years from now

9. What is (are) the contribution(s) you want to be sure you make with your life? To whom? When?

10. What types of relationships do you want to have in the future?

### Part II - Design

#### A. GENERAL INSTRUCTIONS

Read over everything you've written and begin to talk about the way you could live your life in order to make the future you've described, given your life now. Beyond this, begin to talk about the style you want to bring to your activities, accomplishments and relationships.

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Start to write down the:

➤ Processes

➤ Procedures

➤ Routines

➤ Resources

➤ Tools

Required to live your life in your style toward the future you describe. Be sure to include maintenance of all your resources, and attending to your well-being.

Remember, the power of design is in the details and in the unity of the execution. Begin to bring your whole life to mind as you design the individual parts. Don't compromise in your design, and be realistic.



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### A. SPECIFIC DOMAINS

1. What would your personal environment look like if it expressed your life design? Make a transition plan toward this state, if your environment is not already this way. Have your plan be consistent with your design.



2. What would your personal presentation be like if it were consistent with your life design? Include clothes, accessories, hairstyles, how your body looks, in your design. Again, make a transition plan if necessary.

3. What relationships would you have if they were an integral part of your design? What specific people would be part of your life? In what ways? What types of people would be in your life? In what ways?

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4. How would you allot your 168 hours each week in order to live your life as designed? Make a month's plan in which you assign the 168 hours each week in a way that fulfills you and embodies your design. Make a transition plan for this if necessary (as in #1 above).



5. Include in your design all of the other matters, concerns, interests and breakdowns that this exercise evoked.

Consolidate all your work into a master plan and a statement of how your life will look/feel when you fully implement your design. Include in your master plan what you may have to eliminate from your life, e.g., tools, clothes, merely distracting activities or destructive/non-contributing relationships.