

Retelling an Uplifting Story

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



The stories we tell – and the way we tell them – have the power to either uplift us or pull us down (or something in-between). Even difficult stories can be full of hope, inspiration, and meaning – depending on how we relay them.

This exercise invites you to retell an important narrative of your life history – one that presented difficulties but that in the end, resulted in some kind of gift, insight, skill, or other blessing.

Before you begin, take a few moments to look through your history (where it feels comfortable to do so) and choose a story from your past that resulted in something meaningful. This might be:

- Something you struggled with that eventually led to a breakthrough
- A lesson you had to learn the hard way, but that in the end proved fruitful
- A difficult decision you had to make in order to follow your heart
- A goal or pursuit you went for that required you to let go or to risk something

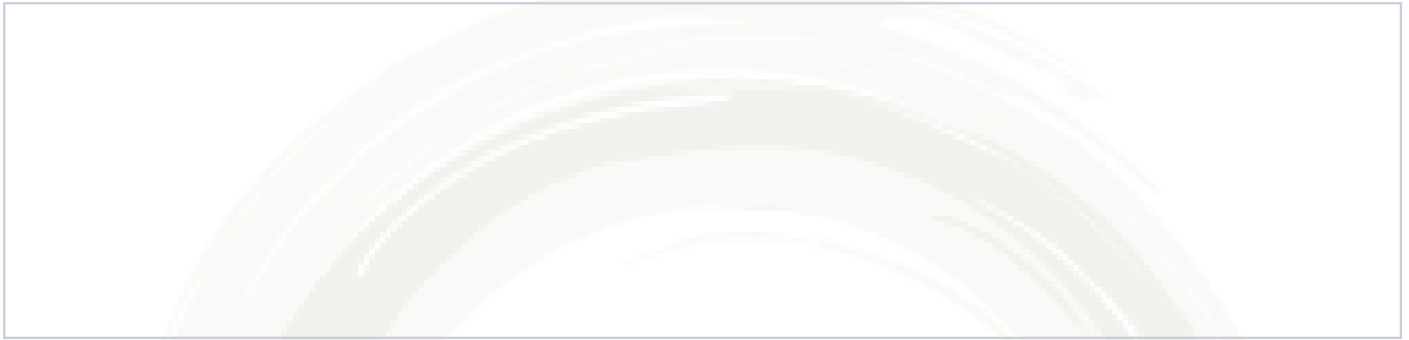
There are plenty of other types of stories you might consider. Use these suggestions as a starting point. The important thing is that the end of the story is inspiring or meaningful in some way.

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PRACTICE:

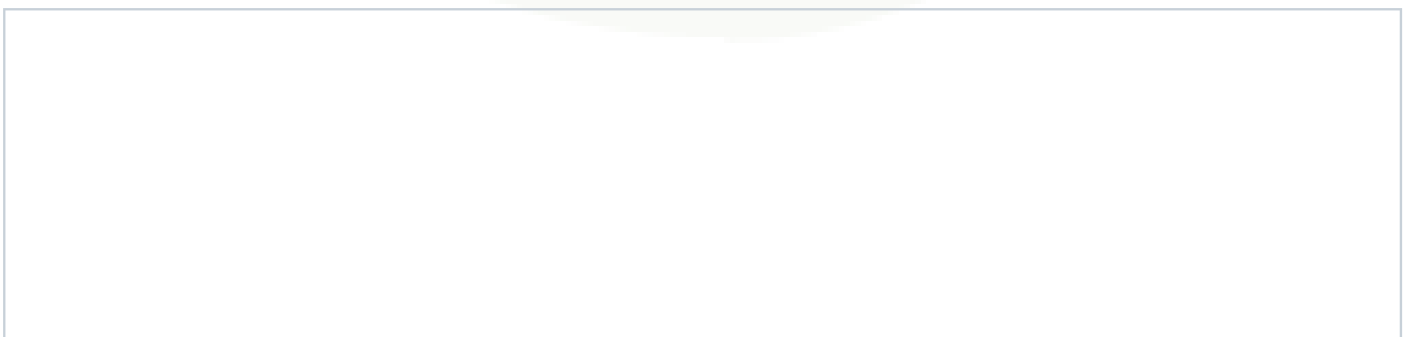
1. Once you've chosen the story you would like to retell, take your time to write out the details of what happened. Cover the who, what, where, when, and why as if you were turning this narrative into a short novel.



2. Now, take some time to explore the difficulties you faced. What challenging emotions did you experience? What did you need to surrender, move through, or embrace that proved challenging?



3. When did the story begin to shift from difficulty to opportunity and growth? What resources (whether internal or external) helped you to make that shift?



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4. What was it like to reach the 'light at the end of the tunnel'? What emotions did you experience? What insights did you come to hold? What lessons were learned? What skills were developed?



5. Now, consider what it was like to go through this exercise. How did breaking the story down into various parts (the difficulties, the shift, the 'light') change your perception of what happened? What did it reaffirm for you?