

The Sources of Your Distraction

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



1. Begin to notice when you become distracted.

2. Notice when you're doing something that's not part of what you've set out to do.

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3. Be especially alert about distractions when you feel tired, frustrated, hungry, angry or lonely.



4. What action(s) will you take from what you've observed in this exercise?

Additional Notes: