

What are Your Feelings?

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. How did you feel about yourself?

2. How did you feel about your contact / communication / connection with:

Your spouse / lover?

Your children?

People at work?

Other family members?

Friends?

Anyone else?

What are Your Feelings?

Mindfulness Worksheet

3. What did you feel most strongly?



4. What feeling(s) did you enjoy? What feeling(s) did you avoid / suppress?

5. What are your feelings telling you? About yourself? About people in your life? About what's important to you?

Additional Notes: