

What's Been Important in Your Life?

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



Divide your life into five-year segments. For each segment please write out your responses to the following questions.

During this period of my life:

1. What was important for me?

2. Who was important for me?

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3. What were my problems? How did I react to these problems?



4. How did I spend my time?

5. What did I do for fun?

6. What were my dreams?

How will you take what you learned from this forward into your life?