

What Do I Want for the Future?

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



This is an inventory that you complete by both observation and research.

What do you want to be doing?

6 months

1 year

2 years

5 years

10 years

20 years

Whom do you want in your life? In what capacity?

6 months

1 year

2 years

5 years

10 years

20 years

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What resources do you want to have?

6 months

1 year

2 years

5 years

10 years

20 years

What experiences do you want to be having?

6 months

1 year

2 years

5 years

10 years

20 years

In what ways do you want to be growing/learning?

6 months

1 year

2 years

5 years

10 years

20 years

In what other way could you describe your life?

6 months

1 year

2 years

5 years

10 years

20 years