

**DISCOVER THE
POWER OF**
Mindfulness
MEDITATION



**SELF-REFLECTION
WORKBOOK**

Discover the Power of Mindfulness Meditation

Self-Reflection Workbook

1. What is mindfulness meditation?
2. What are some of the styles of meditation or mindfulness that appeal to me? Which ones do I think I would be most likely to practice?

3. What stressors make it difficult for me to relax and be at ease?

4. How can mindfulness benefit me in my relationships with others?

5. What things in my life would I like to change? How can mindfulness meditation help?

6. How can the practice of meditation help my mental and emotional state?

7. How can I make mindfulness meditation a habit? What times of the day would work best for me to carve out 15-20 minutes to practice this habit?

8. What benefits do I hope to achieve by incorporating mindfulness into my daily life?

9. What are some ways in which I can help others in their pain and sorrow and teach them about mindfulness?