**~ Mindfulness Magic ~ Worksheet - October 2017**

**What does “being present” mean to you?**

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**Do you have any mindfulness practices?**

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**Do they work?**

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**How often do you use them?**

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**How would you allocate a percentage of your time (as a general rough average) spent in the following states:**

**Down/sad/depressed** \_\_\_\_\_\_ **%**

**Joyful, connected, appreciative** \_\_\_\_\_\_ **%**

**Worried, anxious, stressed** \_\_\_\_\_\_**%**

**TOTAL 100%**

**Who do you feel really listens to you?**

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**When? What does that feel like?**

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**When are you at your most stressed and overwhelmed? What tends to trigger this?**

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**When are you at your most down or blue? What tends to trigger this?**

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**When are you at your most joyful happy and connected? What tends to trigger this?**

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*Good work Laydee! This will be excellent preparation for the tutorial this month, and all the lovely juicy personal growth challenges I have in store for you!*

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