

Worksheet: Exploring and discovering my deep intention for mindfulness.

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After listening to the accompanying meditation, when the answers come to you, list them here.

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Whatever answers you come up with may be your deep intentions for mindfulness.

Keep them handy in your purse or wallet or perhaps stick them up on a wall or on the fridge where you see them regularly. If nothing comes up for you, not to worry. You're probably just a different type of learner. Eventually they will arrive through regular practice of mindfulness meditation.