



Mapping

Mindfulness

MINDFULNESS IN GENERAL

REFLECTION

- Sleep
- Overall Mood
- Nutrition / Food
- Water
- Sports/Activities
- Health
- Wellness /Relaxation
- Time with Friends / Family
- Stress

Enter in the box how satisfied you are with this aspect in the last time.
(+ rather satisfied | - rather dissatisfied)

Write down specific examples of your current evaluation (last 2 - 4 weeks).



Mindfulness

MINDFULNESS BUSINESS

REFLECTION

- Identification with work
- High own demands
- Ability to disconnect
- Postpone topics
- Time to relax
- Structure / Routines
- Trust in own abilities
- Feeling stressed
- Often ill
- Feeling overloaded
- Work even when not well
- Ability to concentrate
- Overcoming setbacks
- Accepting criticism
- Enjoyment of the tasks
- Joy at work environment
- Empty /Sadness
- Can be myself

Enter in the box how you feel about this aspect lately.
 (+ rather more | - rather less)

Write down specific examples of your current evaluation (last 2 - 4 weeks).



Mindfulness

GOALS FOR MINDFULNESS

Mindfulness practice can help you to improve your well-being, your joy and your happiness. You strengthen positive behavior and this has positive effects on your entire life (professional & private) and also on your environment.

Stress, for example, can transfer negative effects from one area of your life to another. The mindful attitude towards yourself and others, the conscious self-awareness and reflection, are the first step to reduce stress and tension. Let openness and curiosity, acceptance and trust take the place of stress. Meet yourself and others with loving kindness.

Practicing mindfulness is not about perfection. Often there is no perfect time or circumstance to practice mindfulness. Think of it as a learning process, a beautiful journey.

Note down which 3 aspects of mindfulness you would like to pay special attention to in the near future.