

**Meditation Worksheet**

The following worksheet can be used to help support you in your “How to Quiet Your Mind in the Midst of Chaos” meditation or simply as a journal exercise. Either way, it will help you step back, gain perspective, and build reflection into your day.

**Step One: Focus on Breath**

*Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.*

—Thich Nhat Hanh

Notice your state of being by focusing on your breath. What can your breath tell you about how you are feeling?

Examples:

*Calm*

*Grounded*

*Energized*

*Agitated*

*Preoccupied*

*Tired*

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**Step Two: Have Gratitude**

*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.*

—Melody Beattie

What do you feel grateful for?

Examples:

*Abundance*

*Health*

*Friendships*

*Community*

*Resources*

*Support*

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### Step Three: Set an Intention

*Live with intention. Walk to the edge. Listen Hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.*

—Mary Anne Radmacher

How would you like to “show up”? Set your intention for the day.

Examples:

*Present*

*Grounded*

*Compassionate*

*Calm during a challenging situation*

*Objective*

*Grateful*

*Joyful*

*Nonjudgmental*

*Open to possibilities*

*Curious*

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### Step Four: Let Go

*What if we gave up being attached to a certain outcome and just let it be—not worrying about how things might or might not turn out—and lived in the open space of today, this moment, right now with lightness and joy?*

—Cathy Q. Bailey

What are you holding on to that is not serving you? What can you let go of?

Examples:

*Need to be liked*

*Need to be right*

*To be perfect*

*Meet others' expectations*

*Attached to a certain outcome, out of my control*  
*Worrying*

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