



Worksheet 2

PURPOSEFUL ATTENTION

I can't change what I don't know is there.

On this page, write down all the unanswered questions, all problems, ideas, looping thoughts, behavioral patterns, dreams and wishes, and obstacles you are struggling with.

*Now set aside 5-10 mins each day to pick one item from the page and sit with it.
Feel into; notice what comes up; allow any feelings or sensations or memories.*

If negative thoughts and feelings come up, just notice them; don't attach to them. Ask that help, knowledge, understanding or opportunity come into your life around what you are putting your attention on.

Ask anything you want to change, to shift and imagine what that shift might feel like.

If you have time after, do some writing about it in a journal and note anything you noticed or just do some stream of consciousness writing for 5 minutes.