



The Four Quadrants
of Wellbeing

THE CENTER FOR
Clarity, Compassion & Contentment

Relief: *The mindful individual & organization*

find your center

1. What causes you the most stress? (at work and / or home) Make a list.
2. Examine the specific thoughts you have around these topics. What are the actual thoughts that race around in your mind? Write the most common down. (ex. I don't have enough time.)
3. Is your mind able to be where it is, doing what it is doing? ___Y ___N
Or are you always somewhere else in your thoughts? ___Y ___N
(no judgment here, just reflection) Is the answer sometimes?
4. When are you the most focused and least distracted? What are you doing when you feel this level of focused presence? (it can be any activity)

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5. After considering #4, note the ways in which you could stay focused on where you are when you are there.

6. What is mindfulness?

7. When are you able to be most mindful (aka most present)?

8. How can you share mindfulness with your colleagues?

9. What does a mindful home look like to you?

10. How can you move mindfulness forward in our world?



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