

Mindfulness Prompts

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1. WRITE ABOUT YOUR FIVE SENSES. WHAT CAN YOU SEE, SMELL, FEEL, TASTE, AND HEAR RIGHT NOW?
2. WHAT DO YOU WANT TO PUT ON YOUR VISION BOARD?
3. WHEN DO YOU FEEL THE MOST ALIVE AND FULFILLED?
4. WHAT COLOR DESCRIBES HOW YOU FEEL TODAY? WHY?
5. WHAT ARE YOUR MOST IMPORTANT VALUES IN LIFE?
6. IF TODAY WAS YOUR LAST DAY ON EARTH, WHAT WOULD YOU WRITE AS YOUR LAST JOURNAL ENTRY?
7. WITH EYES CLOSED, WRITE A POEM ABOUT WHAT YOU HEAR.
8. WHAT CAN YOU COMMIT TO TODAY THAT WILL BENEFIT YOU IN THE FUTURE?
9. I FEEL MOST AUTHENTIC WHEN I...
10. WRITE A LIST OF THINGS YOU HAVE IN COMMON WITH SOMEONE YOU STRUGGLE TO SEE EYE TO EYE WITH.
11. STREAM OF CONSCIOUSNESS - SIT QUIETLY FOR 5-10 MINUTES AND WRITE WHATEVER COMES TO YOUR MIND.
12. WRITE DOWN A LIST OF THINGS YOU CAN DO TO LOWER YOUR STRESS LEVELS.
13. WHAT BODY PARTS ARE TENSE OR UNCOMFORTABLE RIGHT NOW?
14. WHAT DID YOUR LAST MEAL TASTE LIKE?
15. WHAT THOUGHT HAS CROSSED YOUR MIND THE MOST IN THE LAST 24 HOURS?