

2 minute mindfulness journal prompts

Right now,
I feel...



Today I
need...



One thing
I noticed
today was...



My energy
level is...



One thought
I want to
release is...



One thing I
appreciate is...



My current
priority is...

Something
I want to
remember is...



I can be
kinder to
myself by...



This moment
matters
because...



Something I
learned
today is...



One small
step I can
take is...



My mind
feels...



My body
feels...



Tomorrow
I want to...

