

Present Moment Awareness



What can I **notice** around me right now that I usually overlook?



What **sounds** can I **hear** at this exact moment?



What **physical sensations** can I feel in my body right now?



What **emotion** is present for me today?



What is one **small detail** about my surroundings that brings me **comfort**?



What does this moment feel like without trying to change it?



What **thoughts** keep appearing in my mind today?



If I **paused** for one minute, what would I notice?



What **colour**, **texture**, or **object** around me catches my attention?



What part of today deserves **more appreciation**?



What am I experiencing right now that I will probably forget later?



How does my **breathing** feel at this moment?



What does "**being present**" mean to me today?

What is one **ordinary moment** from today that felt surprisingly **meaningful**?

What would change if I gave this moment my **full attention**?



Self Awareness



1. What has been taking up the most space in my mind lately?

2. What pattern have I noticed in my thoughts or behaviours?



3. What situations bring out the most authentic version of me?



4. What do I pretend not to care about?



5. What do I wish people understood about me?



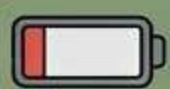
6. What personal value matters most to me right now?



7. What is something I have changed my mind about recently?



8. What do I need more of in my daily life?



9. What drains my energy without me noticing?

10. What activities make me lose track of time?



11. What belief about myself am I questioning?

12. What part of myself am I currently learning to accept?



13. What decision have I been avoiding?



14. What do I know about myself now that I did not know a year ago?



15. What version of myself am I growing into?



EMOTIONAL AWARENESS

- ❖ 1. What emotion feels strongest today?
- ❖ 2. Where do I feel this emotion in my body?
- ❖ 3. What might this emotion be trying to tell me?
- ❖ 4. What triggered this feeling?
- ❖ 5. Have I felt this emotion before in a similar situation?
- ❖ 6. What do I usually do when I feel this way?
- ❖ 7. What would I say to a friend experiencing this emotion?
- ❖ 8. What emotion have I been avoiding lately?
- ❖ 9. What feelings are easier for me to express?
- ❖ 10. What feelings are harder for me to admit?
- ❖ 11. What helped me move through a difficult emotion in the past?
- ❖ 12. What does my emotional state need today?
- ❖ 13. How can I respond instead of react?
- ❖ 14. What feeling do I want to make more room for?
- ❖ 15. What emotional habit would I like to understand better?

Anxiety



What am I worrying about right now?



Is this a current problem or a future possibility?



What evidence supports this fear?

What evidence suggests I may be okay?



What can I control in this situation?

What is one thing I can do within the next 10 minutes?



What does my anxious thought want me to notice?



If my anxiety had a message, what would it say?



What would I tell someone I care about who had this worry?

What has helped me feel safe before?



What small thing feels steady today?



What expectation is creating pressure for me?

What would happen if I approached this situation with curiosity instead of fear?



What does my mind need less of right now?

What does my mind need more of right now?





STRESS & BURNOUT



- What is currently creating the most stress in my life?
- What responsibility feels heavier than it should?
- What am I carrying that I do not need to carry alone?
- What signs tell me I need a break?
- When did I last feel genuinely rested?
- What expectation is exhausting me?
- What task can I simplify today?
- What boundary would protect my energy?
- What does rest look like for me beyond sleep?
- What activity helps me feel like myself again?
- What am I saying yes to when I want to say no?
- What is one thing I can remove from my schedule?
- How has stress changed my habits?
- What does a balanced day look like for me?
- What would I do differently if I stopped trying to prove myself?



Overthinking



What thought keeps repeating today?



Why does this thought feel important?



Am I solving a problem or repeating a problem?



What decision am I analysing too much?



What would 'good enough' look like here?



What assumption am I making?



What else could be true?



What would I choose if I trusted myself more?



What conversation am I replaying in my head?



What do I actually know versus what am I guessing?



What thought deserves less attention today?



What helps me return to the present moment?



What would I tell myself if I were my own friend?



What uncertainty am I trying to eliminate?



What can I release without having every answer?



Self Compassion

- ♥ What would I say to myself if I spoke with kindness?
- 🍃 What mistake can I forgive myself for?
- 🍃 What am I learning from this experience?
- ☁️ What part of myself needs more understanding?
- ♥ When have I handled something difficult well?
- 🍃 What progress have I made that I rarely acknowledge?
- ☁️ What pressure can I soften today?
- 🌸 How can I support myself instead of criticise myself?
- ♥ What does kindness toward myself look like today?
- 🍃 What would my younger self want to hear?
- What achievement am I minimising?
- What expectation can I release?
- ☁️ What makes me worthy beyond productivity?
- ☁️ How can I celebrate small progress?
- ♥ What do I need to remember when things feel difficult?



Gratitude

1. What is one ordinary thing that today better?



2. Who supported me recently, even in a small way?



3. What part of my routine makes life easier?



4. What opportunity am I grateful to have?



5. What place makes me feel calm?



6. What personal strength am I grateful for?



7. What lesson from a difficult experience am I thankful for?



8. What small moment would I like to remember?



9. What ability or skill do I appreciate having?



10. What is something I often overlook but value?



Body Awareness



Where do I feel tension in my body today?



What does my body need right now?



How has my energy changed throughout the day?



What physical sensation am I noticing?



When do I feel most comfortable in my body?



What habit helps me feel physically better?



What does my body do when I feel stressed?



How can I care for myself today?



What movement feels enjoyable right now?

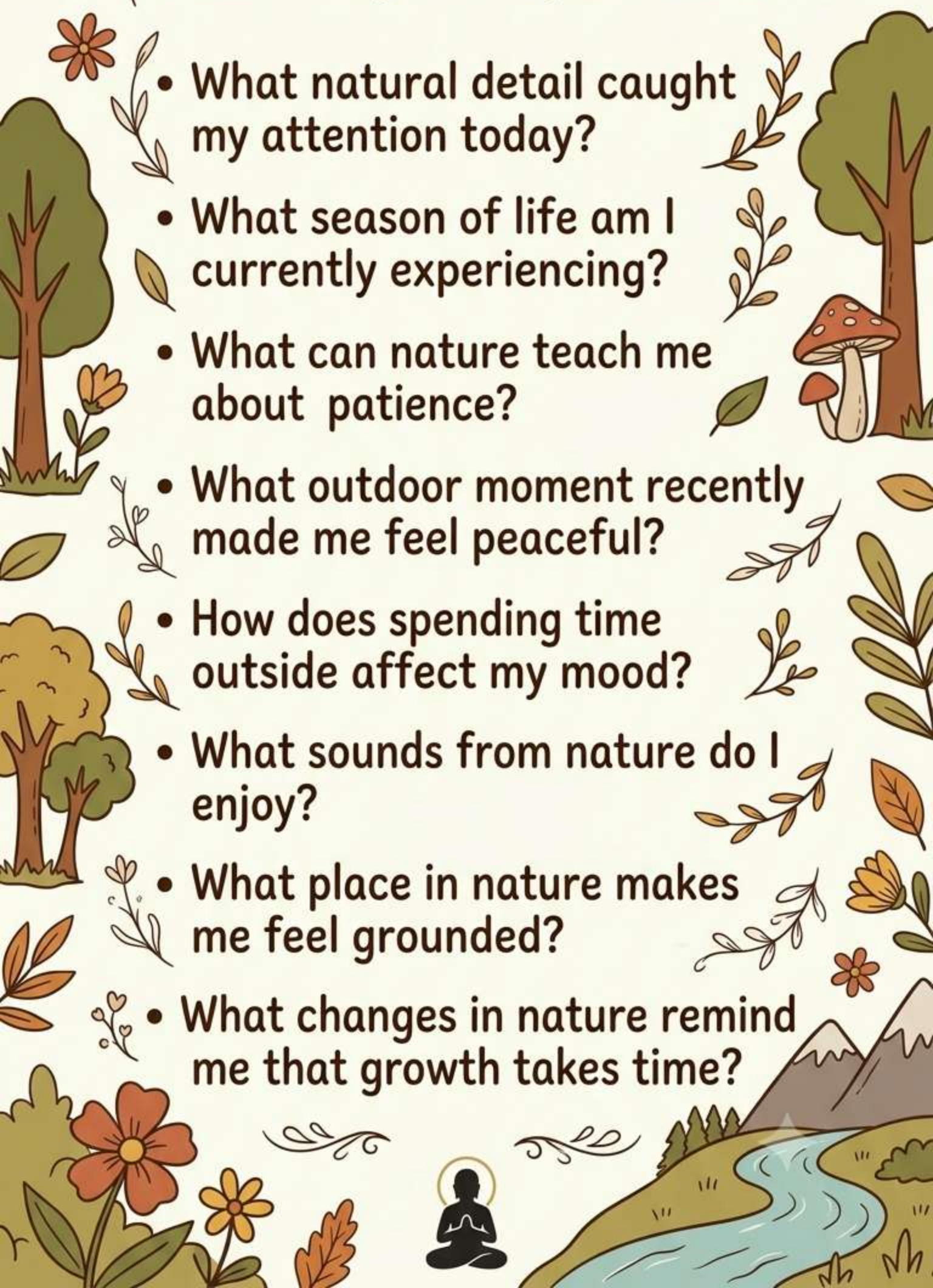


What is my body asking me to slow down and notice?





Nature

- 
- What natural detail caught my attention today?
 - What season of life am I currently experiencing?
 - What can nature teach me about patience?
 - What outdoor moment recently made me feel peaceful?
 - How does spending time outside affect my mood?
 - What sounds from nature do I enjoy?
 - What place in nature makes me feel grounded?
 - What changes in nature remind me that growth takes time?

Creativity

What idea keeps returning to my mind?

What would I create if nobody judged it?

What inspires me lately?

What creative habit would I like to build?

What emotion could I express through art, writing, or music?

What project have I been postponing?

What makes me feel curious?

What would I try if I knew I could not fail?



Work

1



What part of my work feels meaningful right now?

2



What task has been taking more energy than expected?

3



What type of work makes me feel focused and engaged?

4



What expectations at work are creating unnecessary pressure?

5



What skill am I currently developing?

6



What accomplishment have I not given myself credit for?

7



What does a healthy workday look like for me?

8



What boundary would improve my relationship with work?

9



When do I feel most confident in my abilities?

10



What motivates me beyond external rewards?

11



What work habit is helping me grow?

12



What work habit is draining my attention?

13



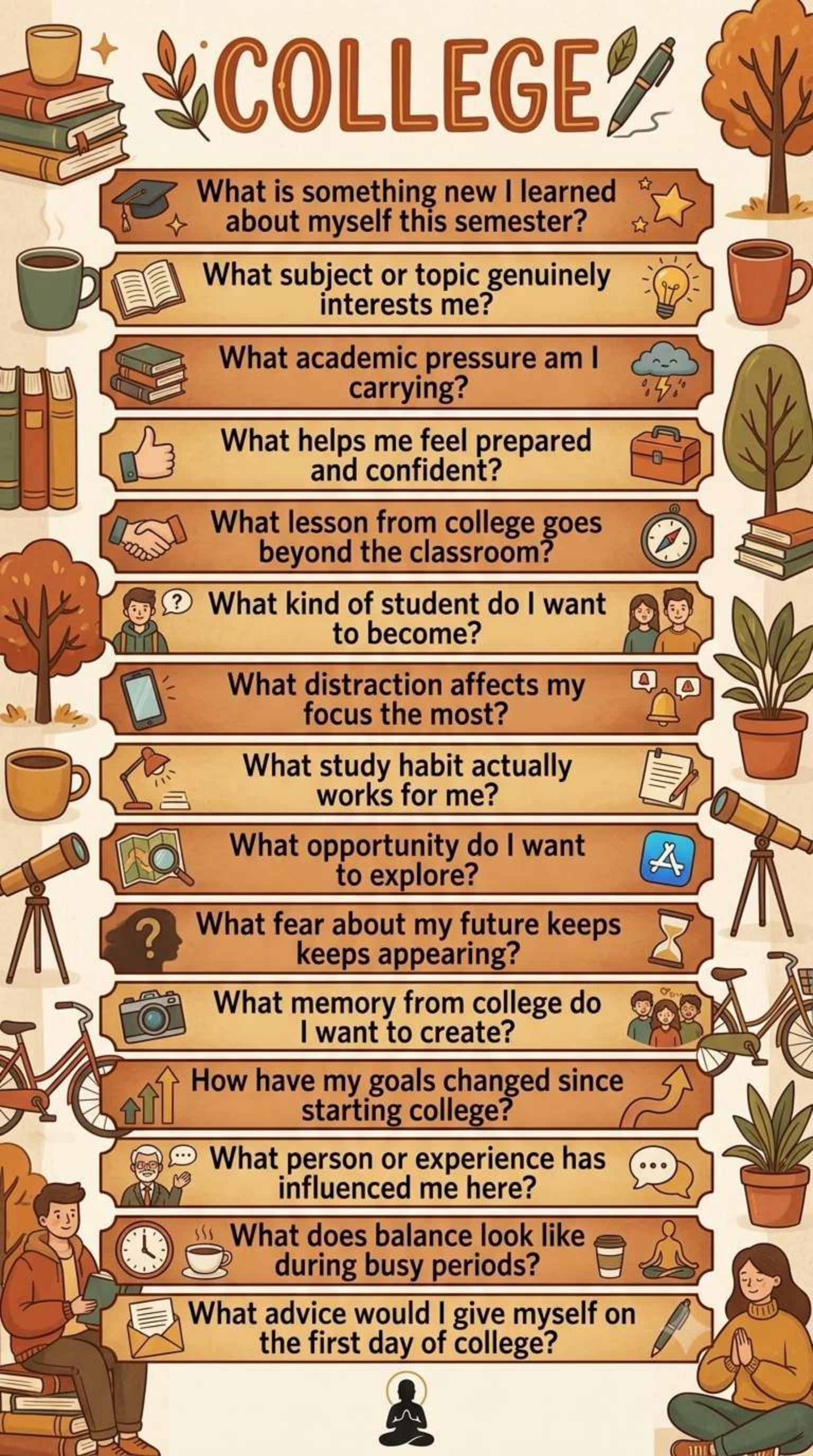
What would I change about my current routine if I had more flexibility?

15



What is one small action that would make tomorrow easier?





COLLEGE



What is something new I learned about myself this semester?



What subject or topic genuinely interests me?



What academic pressure am I carrying?



What helps me feel prepared and confident?



What lesson from college goes beyond the classroom?



What kind of student do I want to become?



What distraction affects my focus the most?



What study habit actually works for me?



What opportunity do I want to explore?



What fear about my future keeps appearing?



What memory from college do I want to create?



How have my goals changed since starting college?



What person or experience has influenced me here?



What does balance look like during busy periods?



What advice would I give myself on the first day of college?



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Family



What is one thing I appreciate about my family?



What family tradition means something to me?



What have I learned from my family?

What family relationship would I like to understand better?



What communication pattern do I notice in my family?



What memory makes me feel connected to my family?



What family expectation do I want to examine?



What do I wish I could express more openly?



How has my relationship with my family changed over time?



What quality from my family do I want to carry forward?



What difficult family experience taught me something valuable?



How can I create more patience in family conversations?



What appreciation have I not expressed?



What role do I naturally take in my family?



What does family mean to me now?



Relationships



♥ What do I value most in a healthy relationship?



♣ How do I show care to someone I love?



♣ What helps me feel emotionally safe?



♥ What relationship pattern am I becoming aware of?



💬 How do I communicate when I feel hurt?



♣ What kind of connection do I want to create?



♥ What does being a supportive partner mean to me?



♣ What boundary helps me maintain a healthy relationship?



💬 What have relationships taught me about myself?

♥ What does love look like in everyday actions?



Boundaries



Where do I need a stronger boundary?

What situation leaves me feeling drained?



When do I ignore my own needs?

What do I agree to out of guilt?



What does a healthy boundary look like for me?

What boundary feels uncomfortable but necessary?



How do I communicate my needs?

What relationship improves when I respect my limits?

What personal space do I need more of?

What am I afraid will happen if I say no?

What commitment deserves less of my attention?

How can I protect my energy today?



IDENTITY

- Who am I when nobody is watching?
- What parts of myself feel most authentic?
- What identity labels feel meaningful to me?
- What version of myself am I leaving behind?
- What qualities do I want to strengthen?
- What have I outgrown?
- What influences have shaped who I am?
- What do I want people to remember about me?
- What belief about myself is changing?
- What makes me different from others?
- What values guide my decisions?
- What part of myself deserves more attention?
- What does being myself feel like?
- What expectations do I want to question?
- What am I becoming more comfortable accepting?





Digital Life



1. How does social media affect my mood today?
2. What apps take more of my attention than I want to give?
3. What do I usually feel before opening my phone?
4. What emotion am I trying to avoid when I scroll?
5. Which digital habits support my life?
6. Which digital habits leave me feeling drained?
7. What would I do with an extra hour away from screens?
8. How does comparing myself online affect my confidence?
9. What accounts or content make me feel inspired?
10. What online spaces no longer feel healthy for me?
11. How do I want technology to fit into my life?
12. What notification could I turn off today?
13. What does a healthier relationship with my phone look like?
14. When do I feel most present without technology?
15. What boundaries would improve my digital wellbeing?
16. How does AI or new technology affect the way I think, learn, or create?
17. What parts of my online identity feel genuine?
18. What parts of my online life feel performative?



Sleep



What is still on my mind before sleep?

What can I let go of from today?



What moment from today do I want to remember?

What does my mind need before resting?



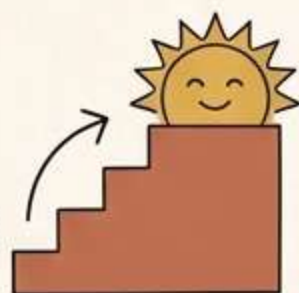
What thought keeps returning tonight?

What helped me feel calm today?



What am I proud of from today?

What would make tomorrow feel easier?



What emotion am I going to sleep with?

What intention do I want to carry into tomorrow?



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Future Self

Kind
Resilient
Empathetic

What kind of person do I want to become?

What habit would my future self thank me for building?

What choice today supports my future goals?

What am I working toward?

What does my ideal ordinary day look like?

What skill do I want to develop?

What fear do I want to move beyond?

What advice would my future self give me?

What version of success am I creating?

What small action today matters long term?



Mindful Reflection

1.

What did today teach me?



2.

What surprised me recently?



3.

What experience changed my perspective?



4.

What pattern am I noticing?



5.

What decision am I glad I made?



6.

What would I approach differently next time?



7.

What moment deserves more attention?



8.

What lesson keeps appearing in my life?



9.

What personal growth am I noticing?



10.

What question am I currently exploring?



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Joy

1

What made me smile today?

2

What simple moment brought me happiness?

3

What activity makes me feel alive?

4

Who brings positive energy into my life?

5

What place makes me feel peaceful?

6

What experience do I want more of?

7

What ordinary thing brings me comfort?

8

What am I looking forward to?

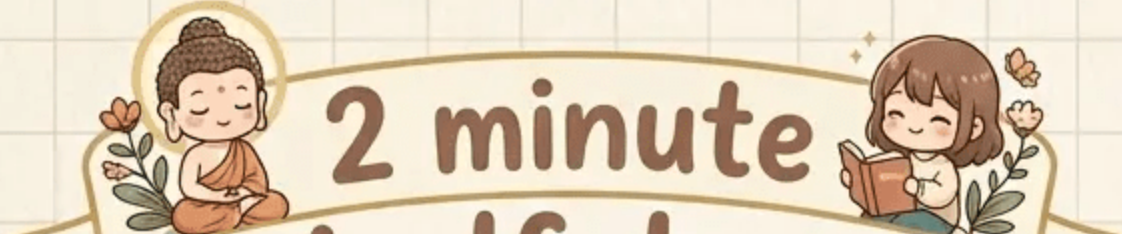
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What memory always makes me happy?

10

What does joy feel like in my body?





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...

