

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?

