

Mindfulness Journal Prompts

-  1. What can I notice right now without trying to change it?
-  2. What are five things I can see around me?
-  3. What sounds have I been ignoring because I'm used to them?
-  4. What physical sensation is most noticeable in my body right now?
-  5. What emotion is present without needing to become my entire identity?
-  6. What am I doing right now, and how fully am I actually doing it?
-  7. What thought keeps appearing without requiring me to act on it?
-  8. What does my body feel like when I take one slow breath?
-  9. What small detail around me would I normally overlook?
-  10. What can I let be unfinished for now?
-  11. What would it feel like to experience this moment without immediately judging it?
-  12. What is one thing I can pay attention to for the next five minutes?

