

Prompts for Noticing the Present Moment

1



What did you notice first when you stopped trying to focus on anything specific?



2



Which sound became more noticeable once you settled into meditation?



3



What physical sensation made you most aware of where you were sitting?

4



When did your attention feel most present during the meditation, and what was happening at that moment?



5



What did you notice that you would normally overlook while checking your phone, working, or moving through your day?

