

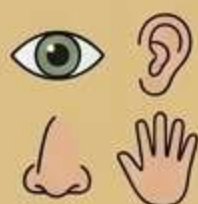
Five Minute Journal for Mindfulness



What am I noticing in my body right now?



What emotion is most noticeable at this moment?



What can I see, hear, smell, or feel around me?



What has my attention right now, and is it where I want my attention to be?



What is one ordinary moment from today that I usually rush past?



What happens when I sit with this feeling without immediately trying to change it?



What do I need to notice before I move on to the next thing?



