

MINDFULNESS WRITING PROMPTS

Mindfulness is a great tool to help increase self-reflection. By learning to observe our thoughts and feelings without judgment, we can also regulate our emotions and improve mental wellness!

Journaling is powerful. To practice mindfulness techniques, try journaling with the following mindfulness writing prompts:

I FEEL GRATEFUL FOR...

Today I spent 5 minutes sitting quietly, without interruption, to observe my thoughts. What did I learn about my thoughts?

I noticed 2 emotions I experienced today. What were those emotions and what did I observe about them when I experienced them?

My most enjoyable moment of today was...