Daily mindfulness prompts to encourage reflection, selfawareness, and emotional strength designed for men seeking inner growth.







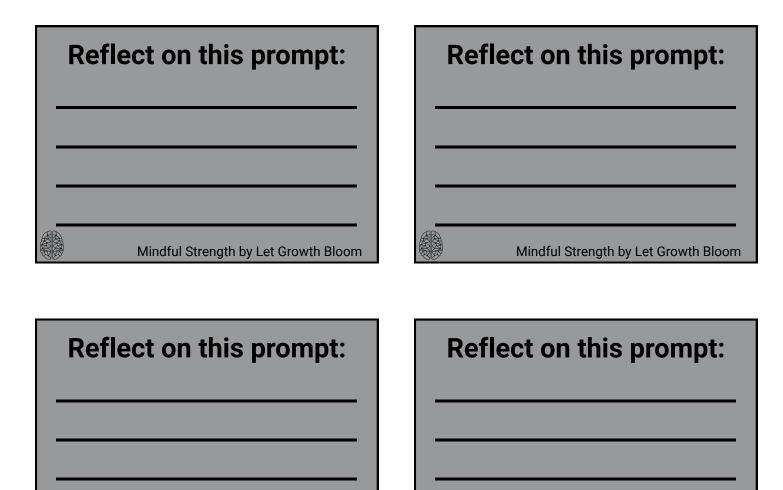


HOW CAN YOU SHOW Strength Through Kindness Today?

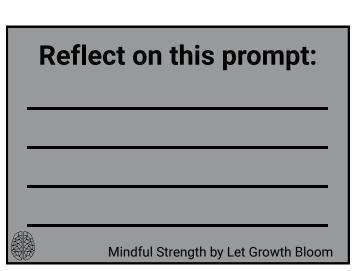
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Mindful Strength by Let Growth Bloom



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**Reflect on this prompt:** 

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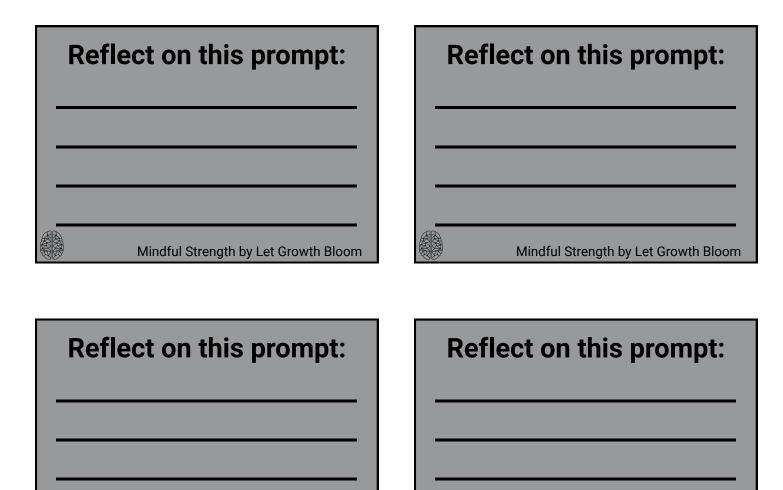


REFLECT ON A MOMENT YOU FELT TRULY CALM.

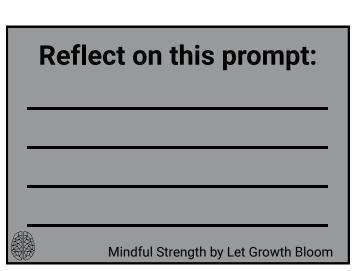
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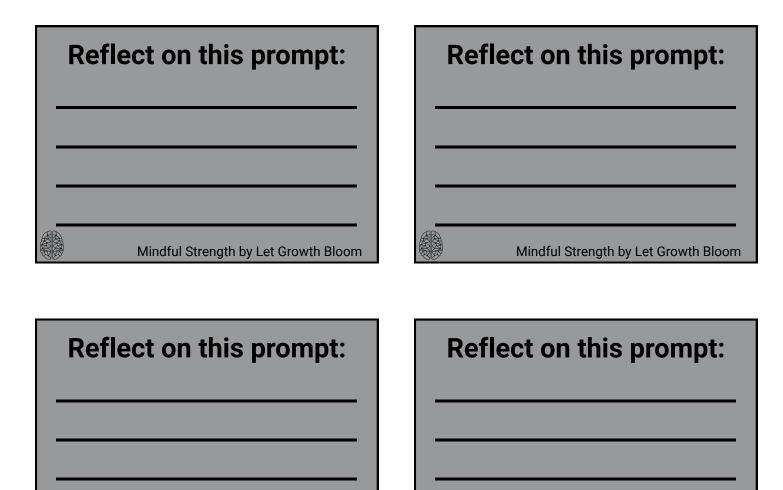


WHAT'S ONE WAY YOU CAN PRACTICE PATIENCE TODAY?

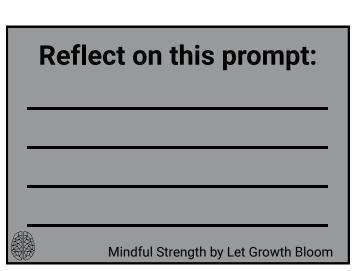
WHAT'S ONE THING YOU APPRECIATE ABOUT YOUR LIFE?

HOW CAN YOU FIND STILLNESS IN A BUSY MOMENT?

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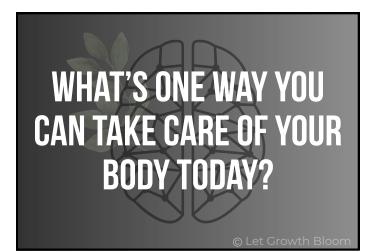


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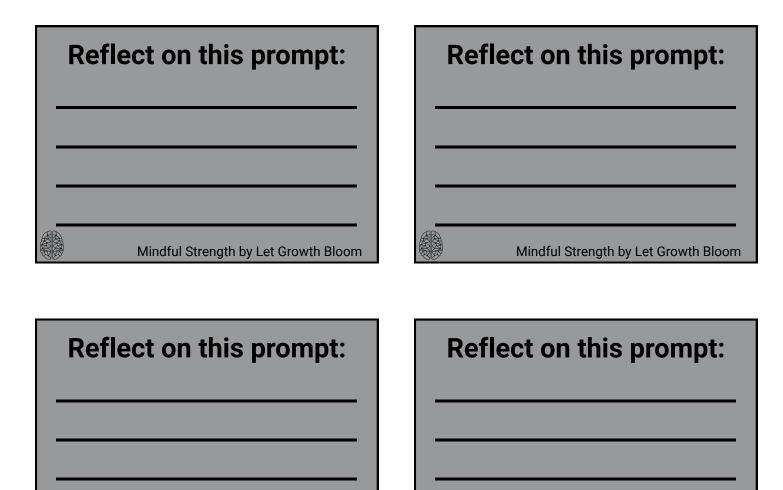
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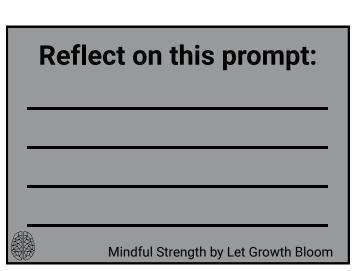
WHAT'S ONE WAY YOU Can step out of your comfort zone?

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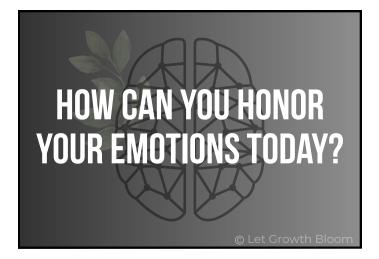


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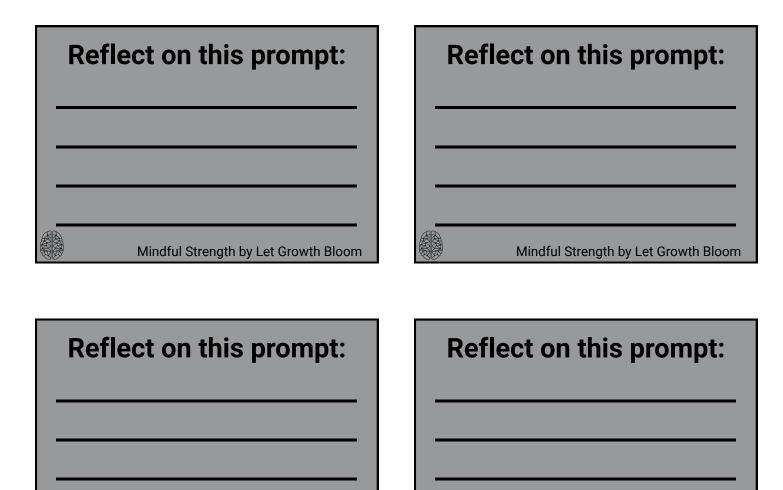


WHAT'S ONE STRENGTH YOU WANT TO BUILD THIS MONTH?

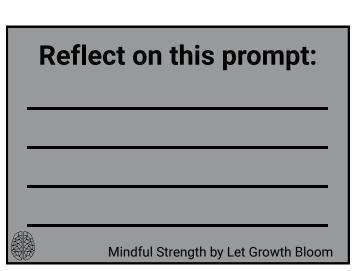
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**Reflect on this prompt:** 

### HOW TO USE YOUR MINDFUL STRENGTH PROMPT CARDS

Thank you for purchasing the Mindful Strength Mindfulness Prompt Cards from Let Growth Bloom! Here's how to get started.

#### **Step 1: Print Your Cards**

Print the cards on 8.5 x 11 paper at 100% scale, double sided with the prompt on the front and the reflection on the back. Use color printer for best experience. Carstock is recommended for durability.

#### **Step 2: Cut Out the Cards**

Cut along the lines to seperate the cards (6 cards per page). You'll have 30 cards in total.

### **Step 3: Use Daily**

Each day, pick a card and reflect on the mindfulness prompt. Use the back of the card to journal your thoughts or keep it as a mental exercise.

### Step 4: Keep Them Handy

Store your cards in a small box, bag, or wallet to carry with you. Use them whenever you need a moment of mindfulness or strength.

### **Printing Tips**

Use a color printer for the best experience, or print in black and white if needed. If you don't have a printer, you can use a local print shop or the library.

### Need Help?

If you have any questions, message me on Etsy - I'm here to help!