

Journal Prompts: Cultivating Mindfulness

1. How can you bring more awareness to the present moment in your daily life?
2. What distractions do you find most challenging to let go of, and how can you address them?
3. When was the last time you felt fully present and engaged in something? What did that feel like?
4. How does your mind react when you are fully immersed in the present moment?
5. What do you notice when you take a moment to pause, breathe, and check in with your body?
6. What are three things you can do today to create space for mindfulness in your day?
7. How does your body feel when you're anxious, distracted, or overthinking?
8. What is one habit you can build to help ground yourself in the present when you feel overwhelmed?