

Journal Prompts: Mindfulness and Presence

1. What does mindfulness mean to you, and how do you practice it in your daily life?
2. How do you feel when you're truly present in a moment?
3. What activities help you feel grounded and present in the here and now?
4. How does your mind react when you're not fully present?
5. What distractions often take you out of the present moment?
6. When was the last time you felt truly in the moment, and what were you doing?
7. How can you incorporate mindfulness into routine tasks, like eating or walking?
8. What is one thing you can do today to bring yourself back to the present moment?
9. How can practicing mindfulness improve your emotional and physical well-being?
10. Reflect on a time when you felt overwhelmed. How might mindfulness have helped you during that time?