

My Mindful Meadow Writing Prompts

Whether you are a sprout or a wildflower, journaling is an awesome way to practice mindfulness. Not only does it sharpen your focus, it turns your attention inward. Grab your favorite pen and some paper, choose a topic, and enter the world of self-discovery!

Hello Sunshine

- Breathe and be. While sitting comfortably, take five deep cleansing breaths and then write whatever comes to mind.
- Recall and write about a recent experience and how it affected me. How did I feel and react?
- Make a list (with non-judgement) of your thoughts and feelings in the present moment.

Seeds of Gratitude

- Write about someone or something I am grateful for and why.
- I am so happy and grateful now that...(continue this sentence)
- Make a list of people or things to celebrate.

Tending My Meadow

- What are my current top priorities and why?
- What do I love and what would I like to make more time for in my life?
- Make a list of "me time" activities.

Dig in the Dirt

- What are my immediate goals and my plans for achieving them?
- What would I do if age, gender, time, money, education, and experience were not factors?
- Make a list of things I am looking forward to.

Fill My Bucket

- What are some ways to share my gifts with the world?
- Who have I connected with recently and what did I do to brighten their day?
- Make a list of ways to spread more kindness.

Measure My Growth

- What makes me come alive inside? (this could be ideas, a project, person, etc)
- What makes me laugh and why?
- Make a list of ways to move, hydrate, and nourish my body, mind, and soul.

The Dandelions

- What challenge or struggle am I currently facing?
- What changes can I make that are within my control to better my life?
- Make a list of what I need to let go of (this could be things out of my control, self-doubts, worries, bad habits, etc).

