

Mindfulness

30 MINDFULNESS JOURNAL PROMPTS

NAME _____ DATE _____

- 1 Name five sounds you can hear right now, from the loudest to the quietest. Which one had you not noticed until you started listening?
- 2 Describe the first thing you tasted today as if you were tasting it for the first time. What was its temperature, texture and flavor?
- 3 Notice the light in the room you are in. Where is it coming from, and what color is it right now?
- 4 Take three slow breaths and write one sentence about each. Did the third breath feel any different from the first?
- 5 What is one texture you touched today without thinking about it, like a doorknob, a sweater sleeve or a warm mug? Describe it.
- 6 Pick one ordinary object within reach and describe it in detail: its weight, its edges, any scratches or marks it carries.
- 7 What smell greeted you when you woke up this morning? Write down whatever you can remember about it.
- 8 Where in your body do you feel the most tension right now? Describe it without trying to change it.
- 9 What was the weather like the last time you stepped outside? Describe how the air felt on your skin.
- 10 Write down three small things that happened in the last hour that you would usually forget by tonight.
- 11 What was the quietest moment you had today? Where were you, and how long did it last?
- 12 Notice how you are sitting or lying as you read this. What is supporting you, and how does it feel?

13	Describe your hands right now: their temperature, what they are resting on and what they did in the last hour.
14	Think about your morning routine. Which step do you usually rush through, and what might it be like to do it slowly tomorrow?
15	Describe a small moment from today that you would like to remember a year from now. What made it worth keeping?
16	When did your attention drift the most today? Where did your mind go, and what brought you back?
17	Write about a time you were so absorbed in something that you lost track of time. What were you doing, and what did it feel like?
18	Pick a routine task you will do today, like washing a dish or brushing your teeth. Afterward, describe everything you noticed while you did it.
19	How does your breath change when you are hurried compared to when you are at ease? Describe both as closely as you can.
20	Spend two minutes listening to one sound, like rain, traffic or a ticking clock. Then write about how it changed while you listened.
21	What part of your day feels like autopilot? Describe one detail from it you have never paid attention to.
22	Write about a meal you shared with someone recently. What do you remember about the food, the room and the conversation?
23	Think of a place you pass every day. What would you see, hear or smell if you stopped there for one full minute?
24	Describe a feeling you had today as weather. Was it a passing cloud, a steady drizzle or a bright patch? How did it move through you?
25	When you are with the people closest to you, where does your attention usually go? Write about a recent moment when you were fully there with them.
26	What does your phone pull your attention away from most often? Describe one moment today when you noticed it happening.
27	Write about a moment today when you felt rushed. What was happening in your body, and what was actually in front of you?

- 28 Write a slow, detailed account of the last ten minutes, as if you were filming them in close-up. What do you notice now that you missed while it was happening?
- 29 Which worries about the future or replays of the past take up the most room in your mind lately? What do you notice when you set them aside this exact moment?
- 30 Write about a difficult feeling you have carried this week. Without judging it, describe where you feel it, how it shifts and what it seems to need.