

Responding to Mindful Questions

Below are questions regarding mindfulness. These questions are meant to look within and reflect on how mindful you are during your day and what you can do to improve as you reflect.

1. What is my happy place?

2. What do I hold onto that no longer serves me?

3. How would I describe the relationship I have with myself?

4. What are some reoccurring thoughts I have?

5. What makes me feel alive?

6. How do I feel most of the day?

7. What are some positive thoughts I have had today?

8. How do negative emotions present itself in my body?
