Daily Mindfulness Prompts

Seven small moments to return to the here and now.

A MOMENT FOR YOURSELF

You can take 30 seconds or five minutes. There is no perfect way to notice your day.



01 ARRIVE IN THE PRESENT

Name one thing you see, one thing you hear, and one thing you can feel.

02 NOTICE YOUR BODY

What do you notice in your body right now? What feels supportive?

03 FIND ONE SMALL MOMENT

What ordinary moment felt pleasant, peaceful, or simply okay today?

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CONTINUE YOUR PRACTICE

Your Next Four Days

Return whenever you like. Skipping a day is okay.



04 LET A THOUGHT PASS

What thought can you notice without judging or immediately reacting to it?

05 APPRECIATE SOMETHING SMALL

What tiny thing supported you today? It does not need to be extraordinary.

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06 FEEL CONNECTED

When did you feel connected to a person, a place, or yourself?

07 GENTLE RESET

What would you like to set down, and what would you like to carry forward?

If inner focus feels uncomfortable, keep your eyes open and notice the room around you.