

Reflective Questions For Mindfulness throughout the Day
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MORNING:

What is ONE goal I hope to accomplish today?

Who is ONE person I can turn to for support today if needed?

How will I nourish my relationships by connecting with ONE person today?

AFTERNOON

Lunchtime:

How will I nourish – and move – my body in ONE way today?

How will I nourish my spirit in ONE way today?

How will I nourish my mind in ONE way today?

Tea Time

What is ONE thing of beauty I have seen, heard or created today and how can I share it with others?

EVENING

Dinner Time

What is ONE thing I learned today?

What is ONE success I had today?

What is ONE thing that surprised me today?

Bedtime

What is ONE worry or fear I will let go of tonight before I sleep?

What is ONE thing I am thankful for today

What is ONE thing I am looking forward to tomorrow?