



# JOURNAL PROMPTS FOR MINDFULNESS

- Write about a time you laughed so hard you couldn't stop. What happened?
- Create a playlist for your mood right now. Write why each song fits.
- Describe a place that holds special meaning to you. What memories connect you with this place?
- Think about your week. When did you feel happiest? Write down where you were, who you were with, and what you were doing.
- If you could learn any new skill or hobby instantly, what would it be and why?
- Describe your morning routine in detail. How does your current routine set the tone for your day?