Mindfulness Reflections

Prepare for Your Mindfulness Practice

Do a quick internal scan to check-in with yourself and capture how you feel before your mindfulness session.

How do you feel mentally? How clear thinking, focused, or calm is your mind?

How are you feeling emotionally? Do your relationships feel clear and connected?

Capture Your Experience

Take a few moments after your mindfulness practice to capture your experience. Keep in mind there is no wrong answer, just as there's no wrong way to do this practice. It's not even necessary to stay with the practice's verbal cues, as long as you are present to yourself. It's called a practice for a reason—life is a learning process.

How do you feel different?

What came up for you during this session that you would like to reflect upon or pay more attention to going forward?

How will you be kind to yourself and take care of yourself today?

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