
365 Days of Mindfulness



We grow, evolve and change a lot in a year.

The practice of writing and reflection can help you track your growth and build a sense of awareness of where you are moving forward and where you can use some support. We have provided a thoughtful list of prompts to help you cultivate presence in your body and mind. We advise tackling one prompt everyday — giving you a year full of mindful prompts. They are meant to stir up feelings and bring you face to face with your emotions — both pleasant and

unpleasant. Some prompts you'll find more challenging than others. Welcome that. The important thing is to write through it and give these emotions an opportunity to surface. We advise spending five minutes a day free writing with no judgement or expectation. Find a journal that you'll use for the next 365 days and use the following prompts to guide you in this exploratory practice.

1. Who or what am I grateful for?
2. What are my strengths?
3. What is a childhood memory that brings me joy?
4. What is something you'd like to say to your future—self about self—compassion?
5. What is something you'd like to say to your children (future or current)?
6. Write about your favorite season.
7. Describe your perfect day.
8. I showed courage today by _____.
9. What areas do you want to improve in?
10. What are the qualities you value in a friend?
11. Go cloud watching for the day and write about what you imagine in the clouds.
12. What are your core values? Are you living your life in accordance with them?

13. How did I connect to peace or joy today?
14. How do you make decisions? By heart or with logical analysis?
15. What activities make you feel the most grounded? Yoga, music, arts? What feelings do these activities create and how can you incorporate more of these on a daily basis?
16. Describe the longest amount of time you have ever been away from home.
17. If you meet a friend that you haven't seen in 10 years, how will you tell him/her about your life right now?
18. Who do you miss at the moment?
19. How have you changed as a person in the last 5 years?
20. Recall an occasion someone was kind to you when you weren't expecting it.
21. If you can solve a problem in your country, what is that?
22. How do you want to be remembered?
23. If you could be one celebrity, who would that be?

24. List out your mantras.
25. What are your 5 common stress or emotional triggers and how can you overcome them?
26. What have you lied about? Why?
27. What are your feelings towards parents?
28. Describe someone who makes you feel relaxed.
29. How do you cope with stress?
30. In this moment, what are four things you're grateful for?
31. What is the biggest mistake you've ever made?
32. Try some free–association! Use one or more of the following words: rain, hope, deadline, silence. Write down whatever comes to mind.
33. How do you feel strong emotions in your body?
34. What brought me motivation to move forward today?
35. What is your take on soul mates?

36. Write about the anniversary of a special date.
37. Write your own epitaph.
38. What limiting beliefs do you have that's keeping you from reaching your dream life?
39. What is your favorite quote? Why?
40. Write about a time when you had to make a difficult choice.
41. How would you describe your relationship with your spouse?
42. What can you do to unleash or further develop your creativity?
43. How do you handle disagreements and conflicts? What is your arguing style? How do you handle losing an argument?
44. If you could have a superpower what would it be and why?
45. What support do you need that will instantly make your life easier?
46. What is your happiest memory?
47. Who did you idolize growing up?

48. Write 3 kind affirmations about yourself.
49. Pretend money is no object – – what would you do?
50. Describe the last time you took a break from work. What are you hoping to do next time you take a day off?
51. What makes you afraid?
52. What is your wildest fantasy?
53. Do you think you are too hard on yourself?
54. What do you value most in a friend?
55. What is an assumption people tend to make about you?
56. I am so inspired by _____.
57. What is something that makes you feel alive?
58. I couldn't imagine living without.
59. What is one thing about you that no one knows?
60. How do you stand out from the crowd?

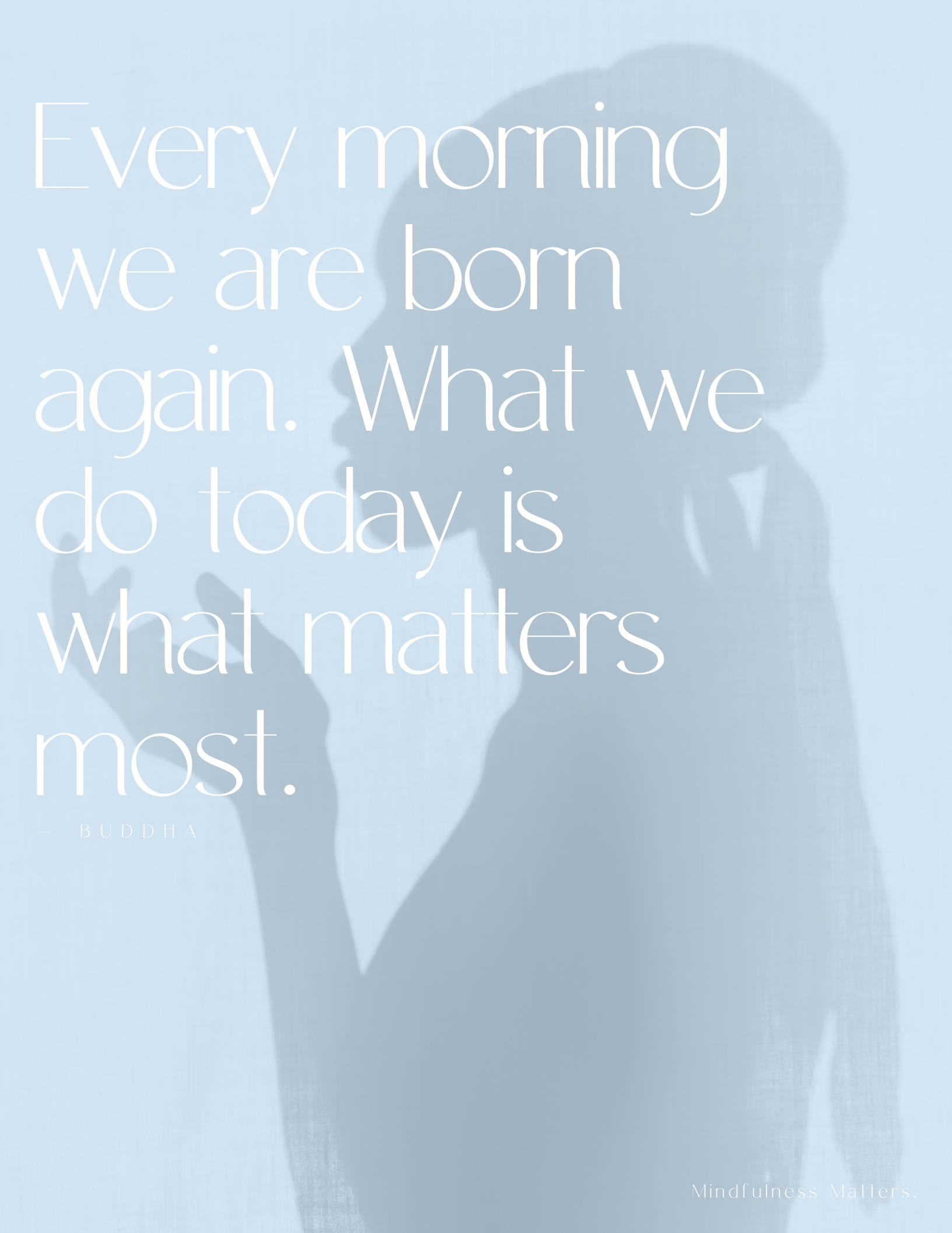
61. What's one toxic thing (or person) in your life you need to let go of?
62. What is a habit that you'd like to quit?
63. What is your favorite cliché?
64. Describe your favorite weather.
65. Imagine a biography written about you. What would the title and tagline be? Which parts would be the most fun to read? What kind of people would appreciate reading it the most?
66. Where do I wish to grow?
67. If you could only keep 3 things you have right now, what would they be?
68. How would you describe yourself to a complete stranger?
69. Write about a time when you've had to repeat yourself or a time when it felt like no one was listening.
70. Money, family, health. How do you prioritize these three things?
71. What would make what I am doing right now easiest?

72. What memory of your mother/father sticks out the most?
73. The words I'd like to live by are:
74. How would you describe your relationship with your co-workers?
75. What worries you the most?
76. How do you respond to a crisis?
77. Open up a dictionary to a random word. Define what that word means to you.
78. I am going to try _____.
79. How are you feeling today?
80. Where is a great place to get breakfast? Describe it.
81. What are the different roles you play in your life? (e.g. mother, partner, sister, etc.)
82. When have you felt at your richest?
83. Describe a time you felt alone.

84. What do you do for fun? Is it something you are doing every day why or why not?
85. How do you deal with anger?
86. Write about your favorite piece of jewelry.
87. Go stand outside and close your eyes for 30 seconds. What do you feel, smell and hear?
88. What is the thing that's been dragging you back?
89. What is your spouse's love language? What can you do to show him/her that you love her this week?
90. You just spent an entire day alone. What did you do? And how do you feel?
91. Someone cuts me off in traffic, what do I do? Am I happy with this reaction? How can I change it?
92. What is your definition of success?
93. What is one thing I could check off my list this week that would lift some weight off my shoulders?
94. List 5 things that make you feel grounded and connected to the NOW.

95. List 5 things you love about your home.
96. Think about the last time you were really sad. What made you sad? Were you able to resolve it and move on? How can you handle the situation next time to not feel so sad?
97. Do you consider yourself living a healthy lifestyle? Are there changes you could do to make it healthier?
98. Write down the lyrics that keep looping in your head.
99. In the last year, what hardship has helped you to learn/grow the most? And how?
100. What has been your most recent accomplishment?
101. Set a 5 minute timer and write down whatever comes to your mind.
102. If you could live in any other time period what would it be? And what would you be doing?
103. Write about the power you felt when you told someone no. How do you feel about asking for help? Do you think this is a good attitude?
104. What distractions are hindering your productivity? How can you reduce them?

105. What was your first job, and how did you grow since then?
106. What are some auto–pilot thoughts and behaviors I'd like to change?
107. Describe 3 characteristics about yourself that you wouldn't change.
108. Sit outside for about an hour. Write down the sounds you hear.
109. What is your favorite part of the day?
110. Write about a project you started but never completed.
111. Do you believe that we are all here for a reason? What might the reason be?
112. Rummage through your pockets (or purse) and write about what you keep or find in your pockets.
113. When you're in a bad mood, what can you do to turn your day around?
114. Do you feel your life is in balance? Is there something you should be doing more (or less) of?
115. Finish this sentence: pain feels like _____.



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— BUDDHA

116. Think about the last time you laughed until you cried. Describe that moment...
117. What is the most beautiful place you've ever visited? How did it make you feel?
118. If you can wipe something out from your mind, what will that be?
119. What has your partner or family complained about you?
120. Is there anything you always want but haven't? Why?
121. Within the next year, how can you improve your career?
122. What cheers you up on a bad day?
123. Write about your first love – whether a person, place or thing.
124. Describe the sounds you hear around you right now?
125. What is my third most unique strength?
126. How do you unplug?
127. How do you look after your mental health?

128. Watch a movie that makes you cry. Write about a scene in the movie.
129. What would you do if you loved yourself unconditionally? How can you act on these things whether you do or don't?
130. What is one piece of advice that turned out to be helpful?
131. Do you try to hide your emotions?
132. What do you need less of in your life?
133. Write about your first crush.
134. I feel happiest in my skin when.
135. Recall your most embarrassing memory:
136. What makes you feel most energized?
137. What's the weather outside your window doing right now? If that's not inspiring, what's the weather like somewhere you wish you could be?
138. Are you feeling stuck? Why do you feel stuck? Do you feel like there is something in your way causing you to feel this way?

139. Who is someone that I have not talked to in awhile that I am grateful for?
140. What blogs/books/articles do I read on the normal Saturday morning before any else wakes up?
141. What is something that doesn't make sense?
142. If I was making my life into a movie, what scene would I make sure to add and what scene would I make sure to remove?
143. What do I spend a silly amount of money on? How might I scratch my itch?
144. What do you need to forgive yourself for?
145. Write a letter to someone you've lost, whether they've died or simply drifted away from your life. What do you have left to tell them?
146. Complete this sentence and then keep writing: "I owe an apology to _____."
147. What always brings tears to your eyes?
148. In what situations have I let my power slip away? How can I reclaim that power?

149. Write about the first time you held someone's hand.
150. What is my favorite way to pamper myself? Do I do it enough?
151. Everyone's addicted to something in some shape or form. What are things you can't go without?
152. Name 3 of your triggers or things that make you mad quickly.
153. Write about the last time you spoke to your best friend. What did you talk about?
154. Write the words you need to hear right now.
155. How does it feel to be the age you currently are?
156. Describe a detail in a movie that you can't forget.
157. What would you do if you could travel to the past?
158. What was the funniest thing you saw or heard this week?
159. What makes you unique?
160. Do you prefer to read fiction or non-fiction? Why?

161. What makes you lose track of the time?

162. Write about your favorite meal. Try to use all the senses when you describe it.

163. If my body had a voice it would whisper:

164. What does your happiest self look like to you? What would you do on a daily basis?

165. How do you know when to let go?

166. What do you spend most of your time thinking about?

167. When in the day do you feel you are able to work best? When are you most motivated? How can you arrange your day to maximize those productive window(s)?

168. What motivates you to get out of bed in the morning? Do you have things to look forward to?

169. What color do you feel like today and why?

170. What if the only way to add to my life was to subtract from it? What would be the first 1–2 things that I would remove?

171. What's the most outrageous thing you've ever done?

172. What does unconditional love look like for you?
173. Describe a memory from childhood of your favorite holiday.
174. What was your happiest birthday?
175. What is the most adventurous thing you've eaten?
176. If you could become an expert in any subject or activity, what would it be?
177. Who was your favorite teacher? Why?
178. How do you maintain balance in your life? Are there any changes you need to make?
179. Take a moment to acknowledge the uncertainties in your life. Complete the sentence: Today, I give myself permission not to know _____. How will you accept these uncertainties?
180. What is the most valuable thing you have learned in life?
181. Do you have a pet? Write about them!
182. Three favorite book characters?

183. If you had 5 other lives to lead, what would you do in each of them?

184. Do I believe life is happening to me or for me?

185. What is your favorite animal and why do you connect with them?

186. You just moved to your dream house. Describe what it looks like and what you see when you look out the window.

187. When do I feel most light and free?

188. How are you feeling in this exact moment? Why are you feeling this way?

189. What would your younger self be proud of you for today?

190. I feel so beautiful when _____.

191. What is one relationship that I have let slip? What is the reason?

192. One of my most important morals or values is:

193. What do I procrastinate with the most?

194. List the things you've done that you previously thought you could never do.

195. The most surprised I've ever been . . .
196. Three things you want in a relationship.
197. Write a note of appreciation to your body.
198. What is your normal daydream? Why is it only a daydream and not your reality? Is there something you could do to make it a reality?
199. What is bothering you right now?
200. What's one thing I look forward to every day?
201. Make a map of your failures indicating the rough date they occurred. Write beside each one what you learned.
202. What is the biggest reason for getting up in the morning?
203. What is your favorite book?
204. Create your dream life, describe it in detail.
205. Who was your best friend in elementary school?
206. What has become more important to me in the last year and what has become less important?

207. If you could have any job in the world, what would it be and why?

208. Name 5 things you do well:

209. How often do you say 'yes' to something when you really want to say 'no'?

210. What sets your soul on fire?

211. What is your most vivid memory of the kitchen in your childhood?

212. Do you have time to yourself every single day?

213. Pretend you are a tourist in your own town. Head out for a road trip with your camera, take some pics, and write about it.

214. If you invented a device that could fix one problem you are facing right now, would you use it? What problem would you like to solve?

215. The most disappointed I've ever been . . .

216. Do you had night time routine? What does it look like?

217. Do I have a clear record of money coming in and money going out? Why or why not? Am I comfortable with my finances?

218. Write about the first apartment you ever rented.

219. What does your ideal weekend look like?

220. What are some comfortable aspects of your life that you sometimes take for granted? Use your writing to appreciate them fully.

221. If you could live inside one of your favorite stories, what would you change about it?

222. What are the most used apps on your phone? What value do they add to your life? What are the least used apps? How about the apps you use a lot but consider to be a distraction? Could you part with them?

223. What qualities in other people bother/annoy you? How can you strive to make sure you don't embody those qualities?

224. How do you feel when you challenge your body? Really describe that rush of endorphins you feel, and the satisfaction at the end of a workout. Refer to this whenever you need motivation to exercise!

225. Do you prefer being outdoors or indoors? Feel free to say "it depends" and list all of the conditions that would go into your decision.

226. Finish this sentence. "If only I could." Why did you choose this sentence? Is there something you could do to make it a reality?

227. Things I always did with my mom when I was little . . .

228. Who was the first person that told me about my career/job? Have I had similar discussions since?

229. What is something you currently desire?

230. Do I enjoy what I am going to do today? If not, how long has the answer been no?

231. Things I always did with my dad when I was small . . .

232. What opportunities have come your way recently that you are grateful for? How did you open yourself up to those opportunities/take advantage of them?

233. What limiting beliefs are holding you back?

234. How do you undervalue yourself? In what situations do you ask for too little when deep down you know you are worth more than that?

235. What are some ways you could spend quality time with family and friends in the upcoming month? Brainstorm ideas and then commit to scheduling those.

236. Take a few minutes to do some deep breathing relaxation techniques. Once your mind is clear, just write the first few things that you think of.

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– BUDDHA

237. Where is your happy place? The place that makes you feel the safest. Describe it.

238. What are you looking forward to the most?

239. In what areas of your life could you simplify?

240. What never fails to motivate you and get you pumped up? A certain song, a power pose, an inspirational video?

241. What is one closely held belief I have? When is the last time someone challenged it?

242. Write about a song and a feeling it invoked in you.

243. Make a bucket list.

244. Write about a moment in your life you wish you could freeze and preserve.

245. Head out to a cafe or somewhere public, sit, and people watch. Write about what or who you see. Let your imagination run free. Write about the history of the people you see, what is happening, what they are thinking, what their future will be.

246. What is a dream you've had that you want to live in forever?

247. Share something you are struggling with.

248. What kind of impression do you tend to leave on people in a work setting?
249. If you could talk to anyone, dead or alive, who would it be and why?
250. What do you need more of in your life?
251. Write about an item you have that isn't expensive but means a lot to you.
252. How can you surpass your own expectations today? What are some ways you can go above and beyond what you have planned for yourself to accomplish?
253. List 3 pet peeves.
254. Where in my life can I trade a short-term, incremental gain for a potential longer-term game-changing upside?
255. Do I allow myself to daydream like when I was a kid? What do I daydream about?
256. Are you a spiritual person? Describe your beliefs and/or doubts. How do those beliefs affect how you live your life?
257. You're in an elevator and someone you admire walks in. Do you give the person your business card? Why or why not?

258. Do you lean into challenges or away from them?
259. What was your favorite childhood toy?
260. Did you ever run away from home as a child?
261. Name a totally useless possession and how you came to acquire it.
262. What is my least favorite personality trait about myself? What can I do to change it?
263. What are some of your idiosyncrasies?
264. Describe a time you mistreated someone. How do you feel about your behavior, and what would you say to the person now?
265. What is my favorite memory out in nature?
266. City mouse or country mouse. Which are you?
267. When was the last time I laughed at work?
268. Do I hold grudges? Why? And how can I let them go?
269. What is the first thing I think of when I look in a mirror? How does that make me feel?

270. Have you set boundaries for yourself? What are the boundaries?

What does growing older mean to you?

271. When you think about your future, what do you hope for the most?

272. Do you help others? What do you do to help others?

273. The Holiday traditions I most look forward to . . .

274. Describe a time in your life when everything turned out fine, despite the odds.

275. Write about your first kiss.

276. If you had a theme song, what would it be?

277. What makes you feel cozy and safe?

278. Who is the most interesting person you can think of? Create a list of questions you would ask them in an interview.

279. When was the last time I participated in guilt – free play?

280. How can you give yourself a break today? Mentally, Physically or emotionally. Note how you can take care of yourself on a daily basis.

281. Choose an affirmation that feels right for the day and write it ten times while saying it out loud to get it in your head.
282. Do you consider yourself to be spontaneous or more of a planner? Would you like to be more of either?
283. Reminisce about your wedding day.
284. Name three people that you are blessed to have and cannot go a day without:
285. Write about the place you grew up. How has it shaped you?
286. Complete this sentence and then keep writing: "Tomorrow, I'm finally going to ____."
287. Do you consider yourself a creative person? Why or why not?
288. If I could tell my teenage self one thing, it would be ____.
289. If you had 3 wishes, what would they be?
290. Am I being my truest, most genuine self? Why or why not?
291. Do I just let life happen or control every detail? How does that make me feel?

292. How can you do better tomorrow?

293. Who or what gives you comfort?

294. If the sky was the limit who would I be? Go into detail and describe the best version of yourself.

295. You're on a gameshow that benefits the charity/cause of your choosing. What do you support? Why?

296. What is currently on your mind? Do a brain dump and write down every thought that passes through your mind for the next 5 minutes.

297. What is my first thought when I open my eyes in the morning? Am I happy with this?

298. Write a letter to a person in your life that you have found to be draining of your energy. Avoid excessive negativity — simply say goodbye to them and focus on committing yourself to spending more time with people who give you energy.

299. Does the work you do right now let you build on your strengths? Do you have any strengths and talents that you're not using at the moment?

300. Did you grow up to have the life or career you imagined you would have?

301. What are some things you do simply because that is the "path" that is set out for you? Are those things really adding value to your life?

302. Who would be most upset if I quit/moved/tried this?

303. If you couldn't fail, what would you do?

304. What is one thing I wish I were better at?

305. Are there any people in my life that make me feel "less than", unloved or unworthy? Is it time to let them go?

306. When do you feel like you rush too much? How could you slow down and enjoy the process?

307. Three favorite TV shows:

308. Are you self-sabotaging yourself? Is there something you are preventing yourself from doing or achieving? Write down what you could be doing instead to stop you from sabotaging yourself.

309. What are the top ten qualities a friend should have (treats people with respect; listens but doesn't judge; has a quirky sense of humor; is an artist; lives with passion; doesn't sweat the small stuff; is loyal and trustworthy)?

310. Do you believe you make good choices?

311. What are 5 insecurities I have about myself? How can I change them?

312. What do I love most about myself?

313. How do you indulge yourself? Do you need to indulge yourself more often?

314. What is the best compliment you've ever been given? How did it make you feel?

315. Describe a time you were radiantly happy. What do you value most in that memory?

316. What's one goal you have that you've never shared with anyone?

The most fun I've ever had . . .

317. List all the things that make you happy today, big or small.

318. What is an area of your life that could use more organization? Ex. your closet, your bathroom cabinet, your photos and videos, your schedule, etc. Is there a time this week that you could dedicate to working on that?

319. What is something that makes you uncomfortable in a good way? How could you do more of that?

320. What famous world festivals would you like to attend?
321. Do you honestly believe in yourself?
322. What is the last challenge you overcame?
323. Write about an experience that you stand up for someone else.
324. What keeps you awake at night?
325. Take a selfie. Describe it using only loving, kind words.
326. Finish this sentence: "I can't stand it when other people." Examine those character flaws. Do you also possess them? Be honest.
327. List the 5 ways to your heart.
328. My life won't be complete without _____ .
329. What is something you regret not doing?
330. What is one area in my life I have grown in over the past year? (health, relationships, finances, career, etc.)
331. Pick a single positive word that you want to focus on today – such as joy, gratitude, love or courage. Journal about all the ways you have experienced this word lately and all the ways you want to.

332. Go for a walk with your phone/camera and take some photos. Afterwards, sit down and reflect on one of the photos you took.

333. What colors in nature appeal to you?

334. What's your biggest insecurity? What would life look like if you let it go?

335. You got great news today. Who do you tell first: Your best friend, the first person you see, or social media?

336. I am safe because _____.

337. What is the skill you have that come as a surprise to others?

338. Were you a happy kid?

339. Speak with your inner critic and tell them why they're wrong.

340. Is your daily routine serving your long-term goals?

341. Write a thank-you note to yourself.

342. What can you declutter physically or emotionally to find more ease and simplicity?

343. What do you regret the most? What would you do differently if given a second chance?

344. I am practicing self – care by _____.

345. If you were stranded on a desert island, what is the one thing and the one person you would choose to have with you and why?

346. Do you think you are a positive or negative person? Why do you think you lean that way?

347. When was the last time you looked for an opportunity to practice kindness?

348. What is something you want to express, but you're scared to?

349. Fill in the blank: "I remember the first time I _____."

350. What's going great in your life right now?

351. What's something new I learned about myself this year?

352. Name something you lost or gave away that can never be replaced.

353. My dream vacation is _____.

354. Fill in the blanks. Lately, I feel that I am paying most of my attention to _____. Instead, I would like to be focusing more attention towards _____. What can you do to focus your attention to the latter?

355. Describe a life – changing moment.

356. List out your mantras.

357. Complete this sentence and then keep writing: "I am courageous because I _____."

358. If you could relive an experience in your life, what would it be?

359. Complete this sentence and then keep writing: "I got where I am today because I am _____."

360. Look at the space around you as you are reflecting. Are you at home? Is the space clean and organized? Does the space spark joy? If not, what can you do to make the space spark joy?

361. Write about a time you did something nice for someone else without expecting anything in return.

362. Pick an object in the room and write about how it makes you feel.

363. What did you do today to make yourself proud?

364. What is your favorite thing you own?

365. What do you believe is your life purpose?

Thank You

If you'd like further support in your mindfulness and development journey, we'd love to be there for you. Please email us or [follow this link to schedule a phone consult with Samara.](#) Thank you and remember – this work only works if work it! Sending you all the love.