



A few minutes, any time of day. Arrive, then write about what you notice through your senses, body, thoughts and feelings. Stop at any point. It is not right for everyone.

01 Arrive

Take three slow breaths. Feel the air go in and out. Then look around and notice five things you can see. If any of this feels uncomfortable, stop, look around the room and feel your feet on the floor. If distress stays, speak to your GP. If you ever feel unsafe, call Samaritans on 116 123 (UK and Ireland) or 988 (US).

How settled do I feel right now?

1	2	3	4	5	6	7	8	9	10
Unsettled					Settled				

Five things I can see:

What I noticed about my breath:

02 The senses

The NHS suggests paying attention to the sights, sounds, smells and tastes of the present moment. Choose any moment and use your senses.

Something I can hear right now, near and far:

Something I can touch, and what it feels like:

A smell or taste I notice, or a smell I would like to notice more:

Something I can see that I have not really looked at before:

Which sense was easiest to pay attention to?

03 The body

Reconnect with how your body feels, without trying to change it. If paying attention to your body feels uncomfortable, skip this set.

Where do I feel my feet, my hands, my breath?

Is any part of me tense, heavy, light or warm?

What does my body seem to be asking for right now?

What does it feel like to rest my attention on one body part for a few breaths?

04 Thoughts as passing events

The NHS describes seeing thoughts as mental events that come and go, rather than trying to make them disappear. Watch for a minute, then write.

Three thoughts that passed through my mind, in a few words each:

Which thoughts were about the past? The future? Right now?

What was it like to watch a thought instead of following it?

A thought that kept coming back, and what I called it (worry, plan, memory, judgement):

05 Feelings without judgement

The NHS suggests silently naming thoughts and feelings. Try 'This is ...' and fill in the gap. A feeling is not good or bad, it is just here.

Right now I notice a feeling of:

Where do I feel it in my body?

What happens if I let it be there for a few breaths, without fixing it?

Did I judge the feeling? What did the judging voice say?

What would I say to a friend who felt this?

06 Ordinary moments

The NHS suggests noticing the everyday, such as the food you eat or the air moving past you as you walk. Pick something you do anyway.

An ordinary moment I will give my full attention to today:

What I noticed during it that I usually miss:

A small thing I took for granted today:

Something I could do in a new way tomorrow (a different route, a different seat):

How did my attention feel while I did it?

07 Kindness to myself

Paying attention does not have to be strict. When you notice your mind has wandered, you can come back gently.

When did I notice I was being hard on myself today?

How could I come back to the moment more gently?

One kind thing I could say to myself right now:

One small thing I could do to look after myself today:

08 My 7-day log and looking back

One line a day. Write what you noticed and how you felt, however small. No grade, just curiosity. Do it at the same time each day if you like.

Day	One thing I noticed	How I felt
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Looking back: what did I notice about myself this week?

Did anything feel uncomfortable? What did I do?

What I will do next (keep going, change it, or stop):

When you're done, a moment to reflect

- Which prompt set was easiest to write about, and which was hardest?
- What did I notice that I normally rush past?
- When did my mind wander, and where did it go?
- What was it like to write about a feeling instead of acting on it?
- Is there one moment in my day I would like to keep paying attention to?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/mindfulness-journal-prompts



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.