

# Reflective Questions for Mindfulness Throughout the Day

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## Morning

What is one goal I hope to accomplish today?

Who can I turn to for support today if needed?

How will I nourish my relationships by connecting with someone today?

## Afternoon

### Lunch Time

How will I nourish – and move – my body today?

How will I nourish my spirit today?

How will I nourish my mind today?

Have I seen, heard or created any beauty 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?

### Bed Time

What are 3 things I am thankful for today?

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

What is one thing I am looking forward to tomorrow?

## Source

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