



# CREATING YOUR MINDFUL MOMENTS

How will mindfulness enhance your life?

What would you like to achieve from it?

Where in your day could you begin to be more mindful?

What could stop you from undertaking these mindful activities?

How could you overcome this?

What mindful activities would you like to try?  
When can you do them?

What have you been most grateful for today?

Describe in detail what you can see, hear, feel, taste and smell...

Take a moment in your day to observe your thoughts, feelings and bodily sensations. What do you notice?

