

FINELY NOURISHED

MINDFUL MINUTE

Use the prompts below to guide you through this exercise in mindfulness. Take a deep breath and reflect on your day, filling in the spaces as you go. Feel free to make this a daily habit as part of your nightly routine.

WHAT MADE YOU SMILE TODAY?

LIST THREE THINGS YOU ARE GRATEFUL FOR RIGHT NOW-

DID YOU RECEIVE ANY COMPLIMENTS TODAY? IF SO, WHAT WERE THEY, AND HOW DID THEY MAKE YOU FEEL?

WHAT HAVE YOU DONE RECENTLY TO LIVE MORE AUTHENTICALLY? IF POSSIBLE, REFLECT BACK ON A SPECIFIC MOMENT WHEN YOU MADE THE CHOICE TO BE TRUE TO YOURSELF. SHARE THAT MOMENT BELOW-

IS THERE ANYTHING YOU HAVE TAKEN FOR GRANTED RECENTLY? IF SO, LIST IT BELOW, ALONG WITH WHAT YOU CAN DO TO CHANGE THAT-

WHAT'S ONE THING THAT HAPPENED RECENTLY THAT YOU NEED TO LET GO OF? WRITE IT DOWN AND CHOOSE TO RELEASE IT-