



# Daily Questions for Mindfulness

One practice I find important to living a productive life is mindfulness — being aware of what you're doing, why you're doing it, and making purposeful choices. Part of the way I've tried to be more mindful and intentional is to ask myself some questions during the course of my day or week, bringing attention to how I'm living.

These can be printed, cut out and laminated and put in your wallet or anywhere you'll see it daily for an easy reminder to take some time every day or week to focus on your goals.



- Mindfulness Questions*
1. If I had one month (or year) to live, how would I spend that month/year?
  2. How do I want to be known by the people I care about most?
  3. Who is someone important to me I haven't spent time with lately?
  4. If money were no object and I knew I couldn't fail, what would I do?
  5. What would I try (or dream of doing) that I would do, even if I knew I would fail?
  6. When I look back at my life from my deathbed, what will I wish I had done?
  7. What's the most frustrating thing in my life right now? (And what can I do about it?)
  8. What's the biggest time-waster in my life right now? (And how can I remedy this?)
  9. What activity in my life brings me the most joy? (How can I do more of this?)
  10. If I could only accomplish one thing today, what should it be? (And why?)
  11. What step will I take today toward accomplishing one of my goals?
  12. Is what I'm doing right now the best use of my time, energy, and attention?
  13. Why am I doing the things I do?



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*Cherish every moment.  
Extend grace to each other and yourself.*