



BE
AWARE



Mindful Moments Journal exercise

This journaling activity is designed to gently pull your attention back to the now, encouraging you to slow down, reflect, and become more conscious of your experiences.

At the end of the day (or during a break in the day), take 5–10 minutes to reflect and write on the following prompts:

What did I notice today that I might have missed if I hadn't Paused?

(e.g., a sound, a smell, someone's smile, a shift in your mood, the weather)

How did my body feel throughout the day? What sensations stood out?

(e.g., tension, lightness, energy, fatigue, hunger, warmth)

Was there a moment I felt truly Present? What was I doing?

(e.g., having a conversation, walking outside, eating a meal)

What am I grateful for right now, in this moment?



5 Ways To
Wellbeing

This journaling exercise helps you to slow down, become more aware of surroundings, thoughts, and feelings, and develop present-moment awareness.