



MINDFUL MAY

10 QUESTIONS TO TAKE DAILY INVENTORY

1. How do I feel about how I'm currently taking care of myself?
2. Where do I feel fulfilled (in the different categories I've picked or created)?
3. Where do I feel empty or starved (in the different categories I've picked or created)?
4. Where would I like to invest my time and energy (both of which are finite, precious resources)?
5. What are the top three activities that bring me calm? How can I incorporate them into my weekend, week, or month?
6. What are the top three activities that bring me joy? How can I incorporate them into my weekend, week, or month?
7. What activities, beliefs, and behaviors am I saying yes to that I'd actually like to let go?
8. What activities, beliefs, and behaviors am I saying no to that I'd actually like to adopt?
9. What boundaries do I need to set to protect my time and myself?
10. At the end of the day, what do I wish I had done? (This question isn't about being more "efficient" or "productive." Instead, it's about the fun, fulfilling, interesting, meaningful, awe-inspiring, wonderful things you wish you got a chance to do.)