

# 10 Prompts to Mindfulness



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Mindfulness is the ability to be fully present in the moment, aware of your thoughts, feelings, and surrounding environment in a gentle, nurturing way—wherever you are. Mindfulness involves accepting your feelings and thoughts without judgement and understanding what you are sensing in the present moment rather than focusing on the past or future.

There is a powerful connection between mental health and physical health—a true mind and body connection. As your physical health is challenged during life (and perhaps even cancer treatment), it is important to learn techniques to build, sustain, and maintain a strong mindset.

That's why we've compiled these **10 Prompts to Mindfulness** from our work with mental health and wellness experts through the years. As you read through this resource, you may feel challenged by some of the prompts. That is okay. Intentional mindfulness is a new process to many of us and may feel awkward at first. The benefits, however, can be profound: better sleep, improved concentration and attention span, reduced stress and anxiety, and enhanced sense of well-being, among others.

*The concepts in this guide are non-medical in nature and are intended for supplementary purposes only. Practicing mindfulness should not take the place of recommendations from your medical care team. If you are experiencing a mental health challenge or crisis, please seek immediate help from a doctor or mental health professional, or call 988.*

## Self-Limiting Beliefs

The first step in building and sustaining a strong mindset is to recognize how self-limiting beliefs and negative thought patterns can affect the way we think, feel, and behave. Once you understand what self-limiting beliefs are, practicing mindfulness will become easier over time as the benefits of mindfulness also increase.

Self-limiting beliefs are thoughts about yourself that keep you from living as your best and most authentic self. These beliefs are not reality and are caused by negative thought patterns that are brought on in different ways. These negative thoughts can stem from past beliefs and behaviors that were told or taught to you as a young child or teenager by parents, authority figures, or friends (and often may not have been intentional). **We all have self-limiting beliefs, but they can be eliminated at any age.**

For example, you may have been told that you were a great student but not such a great athlete at an early age and decided that you would never play sports. You might think you are too old or too young to try something. You might believe that you don't have enough time or don't have what it takes for a particular goal. All of these are self-limiting beliefs that can be overcome with mindfulness.

As you eliminate self-limiting beliefs, you begin to evolve your true belief, value, and moral system. This can alter how you perceive yourself (your reality), how you perceive those around you, and how you perceive yourself in the world.

If we do not address our self-limiting beliefs, they may inhibit our ability to grow and can limit our roles in our community and the world around us. **Eliminating self-limiting beliefs has a positive impact on our self-esteem and, most importantly, our self-worth.**

## Affirmations

Affirmations are positive statements that can help you overcome negative thought patterns and self-limiting beliefs. You can repeat them either out loud or to yourself.

Which affirmation fits your mood today?

I will be fearless today.

I will take time to relax and restore.

I respect myself.

My body is good.

My negative thoughts do not define me.

I will embrace change and welcome challenges.

I am whole just as I am.

Protecting my energy is my priority.

I am strong and capable.

I deserve love and kindness.

# 10 Prompts to Mindfulness

Take a few minutes each day—wherever you are—to focus on and complete some of these prompts.

## 1. Gratitude

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One big and two small things I am grateful for are...

*Write one response in each flower.*



## 2. Self-Reflection

What do I like and enjoy most about myself?

*Below you'll find some words to help you get started.*

I am...

Genuine	Resilient	Caring
Passionate	Kind	Brave
Tough	Unique	Worthy
Generous	Thoughtful	Confident
Loving	Beautiful	Capable
Joyful	Nurturing	Lovable
Creative	Strong	Energetic
Determined	Kind	Inspiring
Loyal	Funny	Hopeful

### DID YOU KNOW?

Meditation can take as little as two minutes.  
Check out the quick-start meditation  
guide in the [Appendix](#).

### 3. Cherished Relationships

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Who do you hold most dear to you each day?

*Write about them.*

Who can you lean on when you need them most?

*List some ways they support you.*



## 4. Your Gift to the World

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*Complete this phrase:*

I make this world a brighter place because I...

Can't think of why you have an impact on the world?

*Begin shifting your self-limiting beliefs by asking yourself these two questions:*

**1. What are you telling yourself?**

*These are self-limiting beliefs.*

**2. Why are you telling yourself this?**

*Try reframing those negative thoughts into positive ones.*

## 5. Positivity

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What went right today?

*List 2-3 things—they can be big things or little things.*

## 6. Joy

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What five things, people, or experiences make you smile the most?

1

2

3

4

5

## 7. Happiness

---

What are your three favorite memories from the last year?

1

2

3

## 8. Note to a Loved One

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Take time to journal. Writing a note to a loved one is often a good place to start. This can be kept to yourself or shared.



Dear \_\_\_\_\_ ,

Thank you for \_\_\_\_\_ .

Because of you, \_\_\_\_\_ .

I feel \_\_\_\_\_ .

## 9. Compassion

---

Three compassionate and kind ways I've supported myself are:

1

2

3

Three compassionate and kind ways I've supported others are:

1

2

3



### DID YOU KNOW?

Guided breathing helps you calm your body in three easy steps. Learn more in the [Appendix](#).



## 10. Self-Love

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Three ways I can love myself:

*Write one response in each heart.*



# Appendix

## Meditation

Take time today to practice awareness of your mind, body, and environment. Meditating can take as little as 2 minutes or as long as 25 minutes or more. What matters is your dedication to focusing on your breath and loving yourself each day.

### Quick-start meditation guide:

1. Find a comfortable and quiet place to sit. If sitting upright is too uncomfortable or painful right now, you can opt for a reclined position instead.
2. Sit tall with your hands in a comfortable position. Close your eyes.
3. Pause to notice how your body feels. If you're tense, anxious, stiff, or worried, relax your muscles and joints as you breathe out.
4. Clear your mind of all self-limiting thoughts. Re-center if your thoughts wander (which they definitely will!). The more you practice, the more you will be able to focus on your breath without your mind interrupting.
5. Practice guided breathing for 3-5 minutes. You might want to set a timer so that you don't have to watch the clock. Breathe in through your nose. Take time to allow your breath to lengthen through your body. Breathe out through your nose or mouth. Make space for more air. As you get comfortable with 5 minutes of breathwork, consider extending the time to 10 minutes or more.
6. Thank and appreciate yourself for taking this step to mindfulness.

## Guided Breathing

Dr. Louise Lubin, a clinical psychologist who has practiced adult, family, and marital therapy and has helped women facing breast cancer for more than 40 years, shares how to calm your body with your breath in three steps:

1. Focus your attention on your abdomen.
2. Inhale slowly and deeply through your nose. Imagine your chest and abdomen are like a balloon—filling your lungs with air expands the balloon and exhaling takes air out of the balloon.
3. Pause for a moment and slowly exhale through your nose or mouth. Exhale slowly and completely.

It is helpful to breathe in on a count of 1-2-3-4. Pause and hold your breath for a count of 1-2-3-4-5, then slowly exhale through your nose or mouth to a count of 1-2-3-4-5-6-7. Try to do this for a total of 3-5 minutes. Don't push or force your breath, and pause if you get light-headed. Keep your breathing smooth and regular.

When you are anxious, letting air out of the top part of your lungs with a strong exhale can be very helpful. Making an "ahhh" sound can help you to settle back into your body with more awareness.

## More Mindfulness Resources

- Learn Dr. Louise Lubin's [4 Steps to Finding Hope](#)
- Read our 3-part series about overcoming fear & uncertainty
  - » [Using Breath & Awareness to Calm Your Mind and Body](#)
  - » [4 Steps to Overcoming Anxiety](#)
  - » [Healing Your Spirit Through Rituals & Hope](#)