



<sup>tm</sup>  
MINDFUL INQUIRIES

• **STARTER PACK** •

Developed by [Mayra Porrata](#), M.Ed. and  
[Kristie Prett-Frontczak](#), Ph.D.

©2017 Porrata and Prett-Frontczak. All Rights Reserved.



*“The quality of our lives is determined,  
in large part, by the quality of the  
questions we’re willing to ask  
ourselves.”*



MINDFUL INQUIRIES™ are based on the [ESSENCE GLOSSARY™](#), a listing of 32 social-emotional attributes supportive of individual and community health across the lifespan.



## Directions for use:

This digital file consists of 7 “starter pack” cards with questions designed to guide and support individual self-reflection.

To advance to the next card, simply **CLICK** or **SWIPE** the page/screen.



After your initial exploration of the cards, we suggest you select one card per day, and use its question to guide and support focused self-awareness.

We also invite you to use [The Essence Glossary™](#)  
[Daily Journal](#) to support your journey of personal leadership and growth.





**PROMOTING SOCIAL-EMOTIONAL INTELLIGENCE ACROSS THE LIFESPAN**

---

**Adaptability  
Advocacy  
Appreciation  
Attention  
Bravery  
Charity  
Civility  
Compassion  
Creativity  
Curiosity  
Discernment**

**Empathy  
Engagement  
Fairness  
Forgiveness  
Gratitude  
Honesty  
Hope  
Humor  
Kindness  
Love**

**Love of Learning  
Patience  
Persistence  
Reliance  
Resilience  
Responsibility  
Self-Regulation  
Teamwork  
Tolerance  
Trust  
Zest**

# Advocacy

What area(s) of my life would benefit from the ideas or views of others?





# Empathy

Am I in touch with my own feelings?



# Humor

What do I like being playful about?



# Patience

Do I know how to remain calm  
in the midst of chaos?



# Self-Regulation

Do I know how to moderate my thoughts and moods?



# Tolerance

What does my own intolerance  
show me about myself?



# Zest

What fun thing can I do today?



Want more Essence Glossary™ resources?

Click [here](#) to access:

- Single sheet glossary with all 32 attributes
- Digital version for mobile devices
- Translated versions of the Essence Glossary™

