

MINDFUL INQUIRIEStm



ASK YOURSELF 1.0

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



Developed by Mayra Porrata, M.Ed. and
Kristie Pretti-Frontczak, Ph.D.

Visit <http://b2kcoach.com> to access other solutions for re-imagining and
redefining early education

© 2015 Porrata and Pretti-Frontczak, All rights reserved.



Directions for use:

This digital file consists of 68 cards, each with a question, which is 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 questions, we suggest you select one card per day, and use its question to guide and support focused awareness, journaling, or other contemplative practice(s).



MINDFUL INQUIRIES are based on our ESSENCE GLOSSARY, which is a listing of 32 social-emotional attributes. The attributes are supportive of individual and interpersonal well-being across the lifespan. These qualities can also be viewed as skills that when mindfully expressed, assist individuals in being more fully integrated with their thoughts, feelings, actions, relationships, and interactions with the environment.



ESSENCE GLOSSARY™

Adaptability	Empathy	Love of Learning
Advocacy	Engagement	Patience
Appreciation	Fairness	Persistence
Attention	Forgiveness	Reliance
Bravery	Gratitude	Resilience
Charity	Honesty	Responsibility
Civility	Hope	Self-Regulation
Compassion	Humor	Teamwork
Creativity	Kindness	Tolerance
Curiosity	Love	Trust
Discernment		Zest

If I wasn't so afraid,
I would _____ .



If my life were a book, and me its author, what plot twist would I write in now?



What can I stop doing today that no longer serves my peace of mind?



Am I open to or fearful
of self-growth?



Do I know what I need to do
to improve the conditions of my life?



What am I most grateful for
right now?



What is the most creative
thing I've ever done?



What can I create today?



What can I learn or do differently
that will benefit my loved ones?



What current problems do
I have and how can I
“use them” to help others?



If employment and money were not drivers, where would I live?



What have I overcome?



What positive thought or mantra
can I integrate into my day today?



Is my heart open to love
in all its forms?



Do I know how to manifest
the things I want in my life?



What am I most proud
of in my life?



Do I understand my human
frailties and failures?



What hardships have given rise to
my inner-strengths?



Have I forgiven myself
for past failures?



Who in my life
inspires me to grow?



Who in my life
reminds me to breathe?



Who in my life
has challenged me most?



Do I make time each day to center myself and connect with my spirit?



How do my daily challenges help
me become a gentler human
being?



Who in my life needs my
compassion & gentleness right
now?



What person or group in my community could I help this week?



What recurring thoughts get in my way of being happy?



Do I know how to
“stop my mind”?



Am I aware of my
compulsions or addictions?



What did I notice today?



How do I feel right now?



What scents or sounds
bring me comfort?



When do I feel most at peace?



What do I notice consistently
about myself?



Can I accept myself
right now?



Do I know my heart's desires?



Do I allow room for uncertainty
in my life?



What is the bravest thing
I've ever done?



What things do I need to be brave
about today/this week/this year?



If I knew failure was impossible,
I would _____.



What talents, skills, or material goods can I share with others?



What do I have “enough of”
that I could share
with someone right now?



Am I open to receiving?



Do I respect myself?



In what ways am I aggressive
with myself?



In what ways am I aggressive
with others?



Is it possible for me to have
compassion for my enemy or
someone who is unkind to me?



What can I learn from
someone I consider my enemy?



Who do I need to forgive right now?



My greatest fear is _____.



Who or what “lights me up”?



What are 3 things I want to know/learn more about?



Do I take time for pleasure and
leisure every day?



What self-care routines
do I follow every day?



What gets in my way of living in
harmony with myself?



What things am I hopeful about?



How could I make my work
more playful?



How do I connect with nature?



What is “enough” for me?



Am I “enough”?



Do I have any close friends who have a different culture, language, or religion than mine?



Despite our differences, who has
been tolerant with me?



What dreams do I have?



What do I really want?



Who or what am I resisting?



Have I contemplated the
purpose of my life lately?



Do I believe good things are possible in my life?



Have I danced today?

