

MINDFUL QUESTIONS

Use your time in the loo to consider one of these questions every day.



01

Is there someone you care about who you haven't spent time with recently? Why? What can you do to spend more time with them?

02

How would you want those who care about you most to describe your personality?

03

If you knew you only had one year left to live, how would you live it?

04

What are the top three things on your bucket list? Why? Do you have a plan to accomplish them?

05

What is the most stressful aspect of your life right now? What steps can you take to solve this problem or alleviate the stress?

06

What is the most unproductive part of your day? Why? What can you do to change this?

07

Which activity in your life make you the happiest? Why? How can you do more of this activity?

08

What is the most important task for you to accomplish today? Why? How do you plan to do it?

09

What will you do today to work towards one of your long term goals?

10

What is something you dream of doing, despite knowing that you would probably fail? Why that activity? Why do you think you'd fail?

11

Who in your life do you not thank enough for what they do for you? What can you do to show your appreciation?

12

What skill have you become much better at over time? How did you improve? Could the same process be applied to developing other skills in your life?

13

What role do you play in the lives of your close friends and family? Do you want to change or improve that role? How can you do that?

14

What is one thing you are curious about? Why? How can you answer your question?

15

What are your most defining character traits? Do you work towards portraying these to others?

16

How do you express your love for those you care about? Do you think they understand your intention?

17

Are you holding any grudges? Does these grudges benefit your life? How can you encourage yourself to let go of grudges?

18

What personality traits do you look for in friends? Do you display these traits?

19

What can you do to help someone else today?

20

What made you happiest in the last 24 hours? Why?

21

Where in your life do you display bravery?

22

What major life changes have you experienced? How did they affect the way you live your life? What can you do to make changes like this have positive outcomes?

23

What can you do today to improve your physical health?

24

In what areas of your life do you have strong self-control? In what areas do you have weak self-control? What steps can you take to improve your self-control?

25

What do you do that is creative? What activity can you do today to express your creativity?

26

What do you want your life to look like in five years?

27

What advice would you give to yourself five years ago?

28

What technologies are you grateful for in your life? Why?

29

What in your life makes you the most proud? Why? What work went into that achievement?

30

What is something in your life that you have to do, but hate doing? What is the purpose/importance of the activity? What can you do to make the activity more enjoyable?