

mindfulness prompts



@thesleeveddietitian

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T.R.I.B.E. MEMBERSHIP

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mindfulness is key

WHEN IT COMES TO BEING OPEN TO MAKING HABIT AND LIFESTYLE CHANGES.

Before we can start making changes to our eating, lifestyle, and routine, it is SO important that we practice self care.

We need to make sure our mind is ready and prepped to be open to change.

In order to do this, I recommend spending at least 5-15 minutes each day journaling as a way to practice self care and mindfulness.

I personally like to integrate my journaling into my morning routine. It's a great way to slow down, carve some time out for yourself, and set the tone for the day.

Try and find a time that works best for you and your routine. Make sure the time is convenient so you can stay consistent with it each and every day.

Consistently sticking to a mindfulness routine also helps prepare ourselves for the consistency that needs to come with diet and lifestyle changes as well.



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Gratitudes

Starting the day with gratitudes helps keep us grounded and allows us to trust and enjoy the process. It also helps give us perspective when life gets tough. A **micro** gratitude is something you are grateful for that has happened in the last 24 hours - something specific like "I'm grateful for my work out I had yesterday." A **macro** gratitude is something "bigger" in your life you are thankful for, such as "I am grateful for my health" I recommend 3 of each to start the day.

Affirmations

Try and write out at least 3 positive affirmations each day. This helps build confidence and change the way we talk to ourselves. As we make lifestyle changes, we need to be kind and have grace for ourselves, so affirmations are very important.

Limiting Beliefs

A limiting belief is something we falsely believe about ourselves. Ex: "I'm terrible at journaling." Once you identify the limiting belief, you challenge it with facts that prove your thought is not true. Ex: "I journal every day and it helps improve my mood." Writing out limiting beliefs in 2 column note form can be really helpful.

Gratitudes

Micro and Macro
3 of Each

Affirmations

At least 3 per day

Limiting Beliefs

As often as they appear

example journal

Below is an example of how I journal out my thoughts each day.

Gratitudes

MICRO

- 1 I'm grateful for the amazing work out I had yesterday.
- 2 I'm grateful I had time yesterday morning to drink my coffee outside.
- 3 I'm grateful I was able to watch TV with my husband last night.

MACRO

- 1 I'm grateful for my health and my families health.
- 2 I'm grateful for the safe home and neighborhood I live in.
- 3 I'm grateful for having such supportive and loving friends.

Affirmations

- 1 I am deserving of loving and supportive relationships.
- 2 I am beautiful and worthy just as I am.
- 3 I am capable of doing hard things and I experience success with ease.

Limiting Beliefs

FALSE BELIEF

- ✗ I'm terrible at running, I'm never going to be a successful runner.

FACTS

- ✓ That's not true, I consistently run each day and I continue to progress and improve my stamina.

mindfulness journal

Now it's your turn! Below are 7 days worth of journaling prompts for you to begin practicing your own mindfulness routine. Feel free to download and edit this each week or print to create your own hand written journal.

Gratitudes

MICRO

1

2

3

MACRO

1

2

3

Affirmations

1

2

3

Limiting Beliefs

FALSE BELIEF

1

2

FACTS

1

2

mindfulness journal

Gratitudes

MICRO

1

2

3

MACRO

1

2

3

Affirmations

1

2

3

Limiting Beliefs

FALSE BELIEF	FACTS
1	1
2	2

mindfulness journal

Gratitudes

MICRO

1

2

3

MACRO

1

2

3

Affirmations

1

2

3

Limiting Beliefs

FALSE BELIEF

1

2

FACTS

1

2

mindfulness journal

Gratitudes

MICRO

1

2

3

MACRO

1

2

3

Affirmations

1

2

3

Limiting Beliefs

FALSE BELIEF

1

2

FACTS

1

2

mindfulness journal

Gratitudes

MICRO

1

2

3

MACRO

1

2

3

Affirmations

1

2

3

Limiting Beliefs

FALSE BELIEF	FACTS
1	1
2	2

mindfulness journal

Gratitudes

MICRO

1

2

3

MACRO

1

2

3

Affirmations

1

2

3

Limiting Beliefs

FALSE BELIEF

1

2

FACTS

1

2

mindfulness journal

Gratitudes

MICRO

1

2

3

MACRO

1

2

3

Affirmations

1

2

3

Limiting Beliefs

FALSE BELIEF

1

2

FACTS

1

2