

Rubik Ghosh Mindfulness Guide

15 QUESTIONS TO HELP WITH CLARITY

1. Personal Growth

WHAT ARE 3 QUALITIES OR SKILLS I HAVE DEVELOPED OVER THE PAST YEAR?

REFLECT ON HOW YOU HAVE GROWN PERSONALLY AND PROFESSIONALLY AND RECOGNISE THE PROGRESS YOU'VE MADE.

2. Emotional Awareness

HOW DO I TYPICALLY RESPOND TO STRESS, AND WHAT CAN I LEARN FROM THESE REACTIONS?

EXAMINE YOUR STRESS RESPONSES AND CONSIDER HEALTHIER WAYS TO COPE.

3. Relationships

WHAT QUALITIES DO I VALUE MOST IN MY RELATIONSHIPS, AND HOW CAN I NURTURE THEM?

IDENTIFY THE IMPORTANT TRAITS IN YOUR RELATIONSHIPS AND THINK OF WAYS TO CULTIVATE THESE ATTRIBUTES.

4. Self-Care

WHAT ACTIVITIES BRING ME JOY AND RELAXATION, AND HOW OFTEN DO I ENGAGE IN THEM?

ASSESS YOUR SELF-CARE ROUTINE AND FIND WAYS TO INCORPORATE MORE JOY AND RELAXATION INTO YOUR LIFE.

5. Gratitude

WHAT ARE 3 THINGS I AM GRATEFUL FOR TODAY, AND WHY DO THEY MATTER TO ME?

PRACTICE GRATITUDE BY FOCUSING ON POSITIVE ASPECTS OF YOUR LIFE AND UNDERSTANDING THEIR IMPORTANCE.

6. Goals and Aspirations

WHAT ARE MY LONG-TERM GOALS, AND WHAT SMALL STEPS CAN I TAKE TODAY TO MOVE CLOSER TO THEM?

CLARIFY YOUR ASPIRATIONS AND BREAK THEM DOWN INTO MANAGEABLE ACTIONS.

7. Mindfulness in Daily Life

HOW OFTEN DO I TAKE THE TIME TO BE PRESENT IN THE MOMENT, AND HOW CAN I INCREASE THIS AWARENESS?

REFLECT ON YOUR MINDFULNESS PRACTICES AND THINK OF WAYS TO BE MORE PRESENT IN YOUR DAILY ACTIVITIES.

8. Self-Compassion

WHEN WAS THE LAST TIME I WAS KIND TO MYSELF DURING A DIFFICULT MOMENT, AND HOW DID IT HELP?

CONSIDER MOMENTS OF SELF-COMPASSION AND RECOGNISE THOSE MOMENTS AND THEIR IMPACT ON YOUR WELL-BEING.

9. Purpose and Fulfillment

WHAT ACTIVITIES OR PURSUITS MAKE ME FEEL MOST ALIVE AND FULFILLED, AND HOW CAN I PRIORITISE THEM?

IDENTIFY WHAT BRINGS YOU A SENSE OF PURPOSE AND PLAN TO ENGAGE IN THOSE ACTIVITIES MORE FREQUENTLY.

10. Facing Challenges

WHAT IS A RECENT CHALLENGE I FACED, AND WHAT DID I LEARN FROM IT?

ANALYSE A RECENT DIFFICULTY AND EXTRACT LESSONS THAT CAN HELP YOU IN THE FUTURE.

11. Connection to Nature

HOW OFTEN DO I SPEND TIME IN NATURE, AND WHAT EFFECT DOES IT HAVE ON MY MENTAL AND EMOTIONAL STATE?

REFLECT ON YOUR RELATIONSHIP WITH NATURE AND ITS IMPACT ON YOUR WELL-BEING

12. Digital Well-being

HOW DO I FEEL AFTER SPENDING TIME ON SOCIAL MEDIA, AND HOW CAN I CREATE HEALTHIER DIGITAL HABITS?

ASSESS YOUR DIGITAL HABITS AND THINK OF WAYS TO USE TECHNOLOGY MORE MINDFULLY.

13. Listening to Intuition

WHEN WAS THE LAST TIME I LISTENED TO MY INTUITION, AND WHAT WAS THE OUTCOME?

REFLECT ON INSTANCES WHERE YOU FOLLOWED YOUR GUT FEELING AND CONSIDER THE RESULTS.

14. Balance and Priorities

AM I BALANCING MY TIME BETWEEN WORK, REST, AND PLAY IN A WAY THAT FEELS SATISFYING?

EVALUATE HOW YOU ALLOCATE YOUR TIME AND SEEK A BALANCE THAT BRINGS YOU CONTENTMENT.

15. Learning and Curiosity

WHAT NEW KNOWLEDGE OR SKILL WOULD I LIKE TO ACQUIRE, AND HOW CAN I BEGIN EXPLORING IT?

IDENTIFY AREAS OF INTEREST FOR FURTHER LEARNING AND PLAN STEPS TO START YOUR JOURNEY.

Rubik Ghosh

**"Helping you become
Limitless"**

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rubikghosh.com**

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