



BREATH AWARENESS

JOURNAL

Focusing on the Present Moment

How does your breath feel right now? Is it fast, slow, deep, or shallow?

A series of horizontal dotted lines for writing.

Write about a moment today when you became aware of your breathing.

A series of horizontal dotted lines for writing.

How does focusing on your breath help you
feel grounded?

A series of horizontal dotted lines for writing.

Describe how your breath changes when you feel stressed.

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Write about a time when deep breathing
helped you calm down.

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What does the rhythm of your breath remind
you of?

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Reflect on how your breath connects your
body and mind.

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What sensations do you feel as you inhale deeply?

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How does exhaling fully feel in your body?

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Write about a place where it's easiest to
focus on your breath.

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How can you use your breath to bring
mindfulness to your day?

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Reflect on the connection between your emotions and your breathing.

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What is one activity where you naturally notice your breath?

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Write about the way your breath feels in a moment of stillness.

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How does paying attention to your breath
bring you into the present moment?

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Imagine your breath as a wave. How does it ebb and flow?

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Write about a time you felt gratitude for
your breath.

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How can breathing exercises help you navigate difficult situations?

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Describe the feeling of taking a long,
intentional inhale.

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How does holding your breath briefly
between inhales and exhales affect your
focus?

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Write about a moment when your breath felt
in perfect harmony with your surroundings.

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How do you feel when you take five slow,
deep breaths?

A series of horizontal dotted lines for writing.

Reflect on the way your breath changes when you laugh or cry.

A series of horizontal dotted lines for writing.

How does focusing on your breath affect your ability to listen?

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Write about the relationship between your
breath and your energy levels.

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What is one breathwork technique you'd like to explore?

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How does the pace of your breathing reflect your current state of mind?

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Describe how your breath feels when you are outside in nature.

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Write about how your breath supports your
body in moments of exertion.

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How does observing your breath help you feel more present?

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Reflect on a time when your breathing felt
effortless and free.

A series of horizontal dotted lines for writing.

How do you use your breath to reset during the day?

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What does it feel like to fully let go with an exhale?

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Write about the way your breath changes
from morning to evening.

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How does focusing on your breath help you
create a sense of calm?

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Reflect on the way your breath feels during meditation.

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Write about how your breath connects you to
the world around you.

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What is one breathing habit you'd like to develop?

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How does mindful breathing affect your body's tension?

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Write about the sound of your breath. What does it teach you?

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How do you feel when you synchronize your
breath with movement?

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What emotions arise when you focus on the natural flow of your breath?

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Write about the difference between shallow
and deep breathing.

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How does focusing on your breath help you process emotions?

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Reflect on how mindful breathing has helped you in a stressful moment.

A series of horizontal dotted lines for writing.

Imagine your breath carrying away negativity
as you exhale. How does that feel?

A series of horizontal dotted lines for writing.

Write about the way your breath supports
you during restful sleep.

A series of horizontal dotted lines for writing.

How does paying attention to your breath influence your sense of time?

A series of horizontal dotted lines for writing.

Write about a moment when focusing on your breath helped you find clarity.

A series of horizontal dotted lines for writing.

End today's entry with a breath-focused
mantra, such as "I breathe in peace, I
breathe out tension."

A series of horizontal dotted lines for writing.

