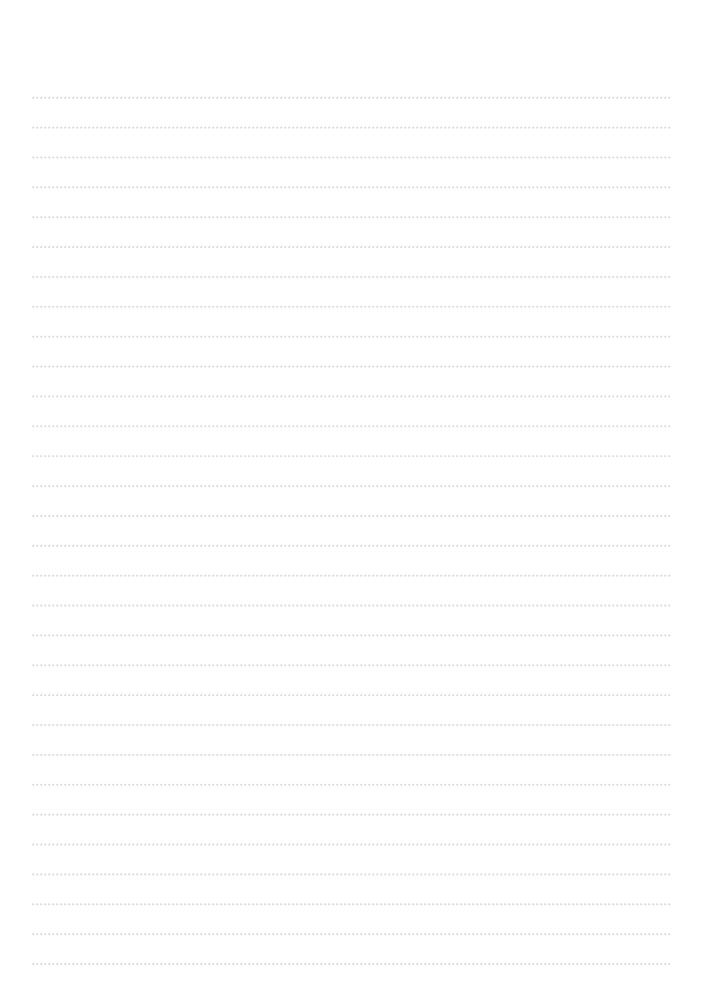
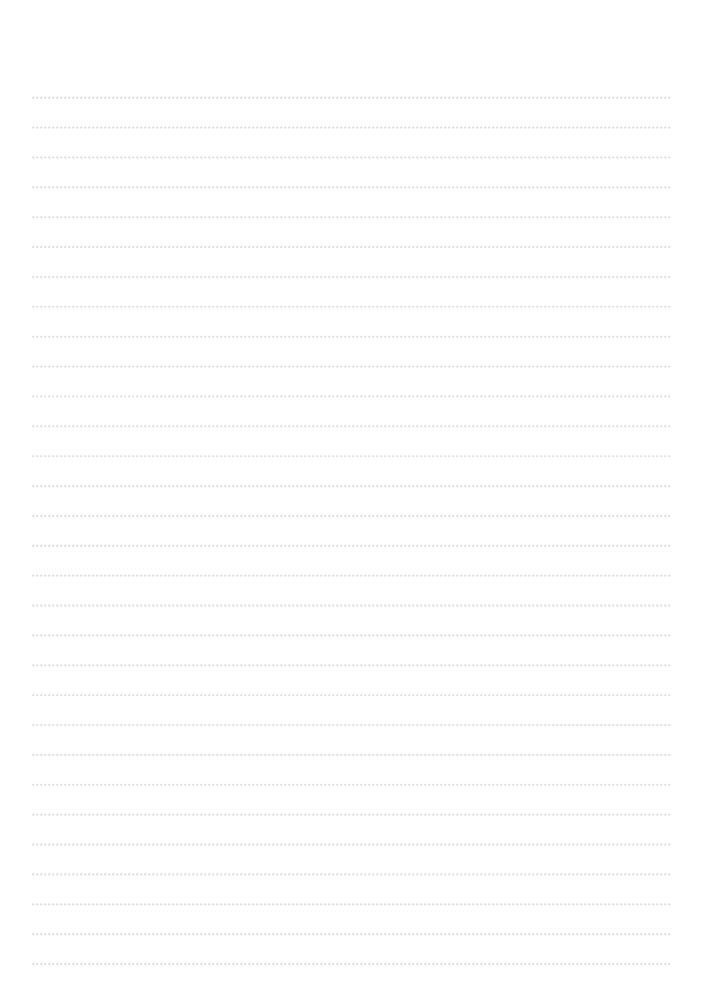


Focusing on the Present Moment

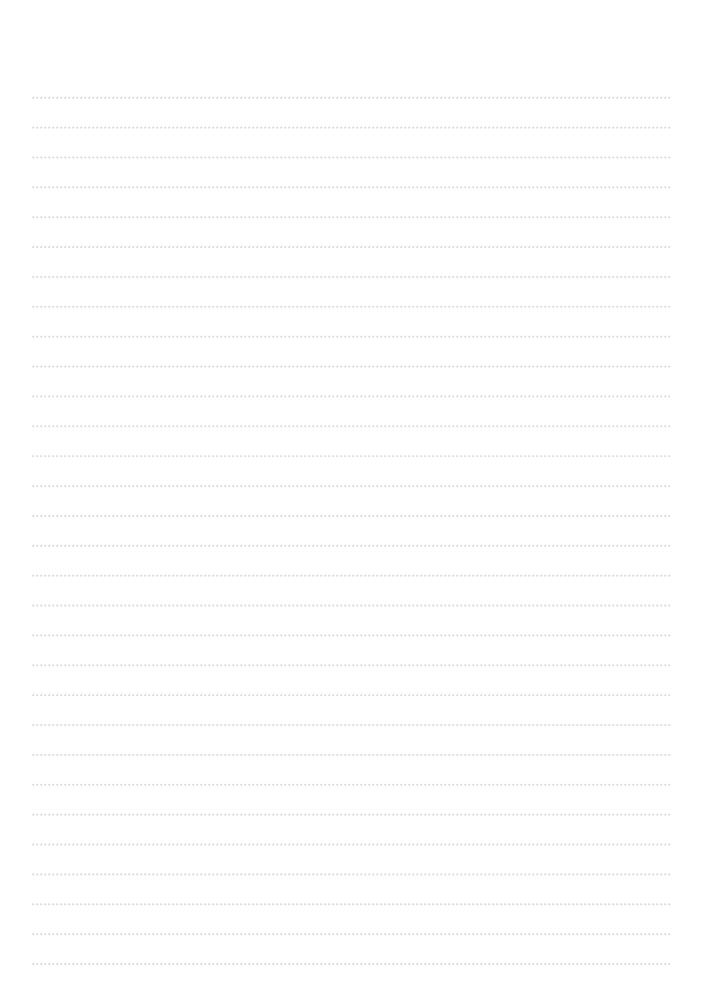
How does your breath feel right now? Is it fast, slow, deep, or shallow?



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

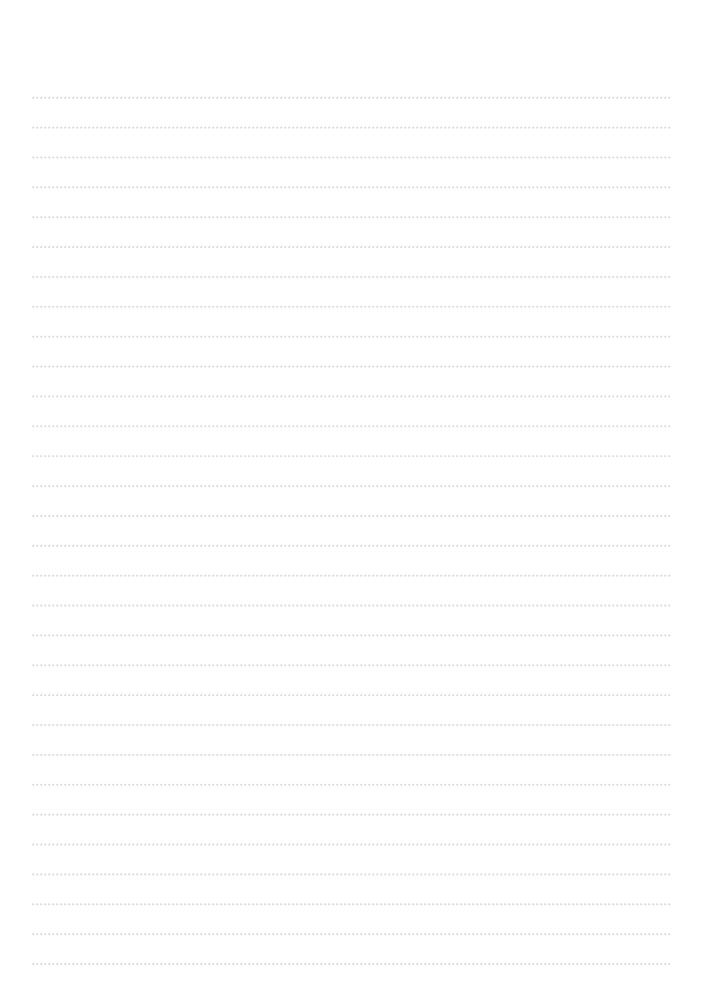


How does focusing on your breath help you feel grounded?

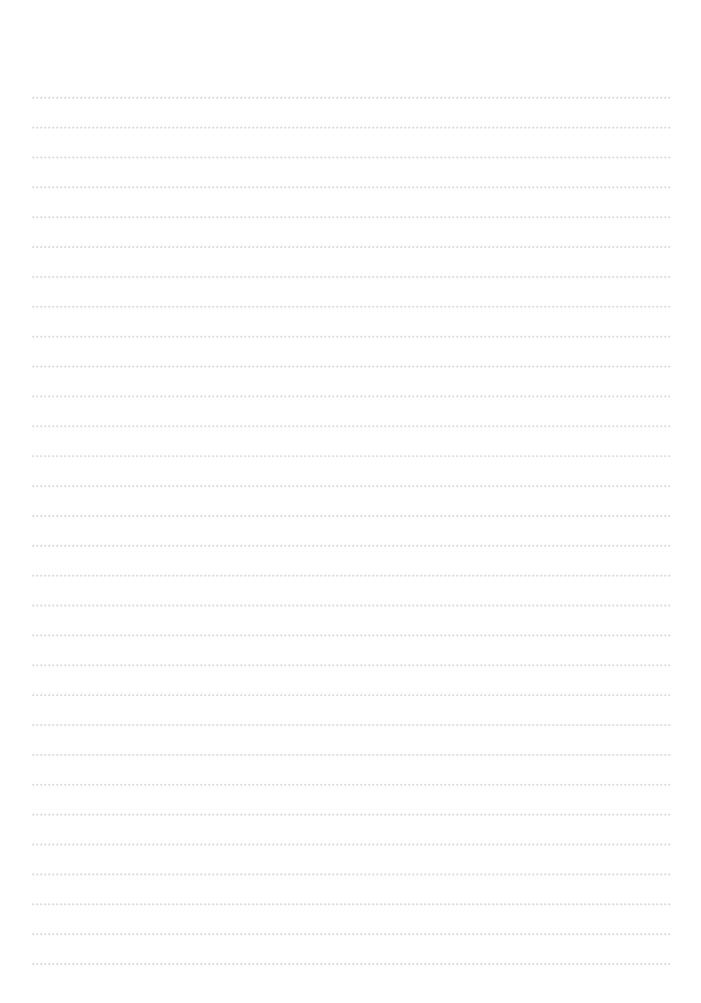


Describe how your breath changes when you feel stressed.

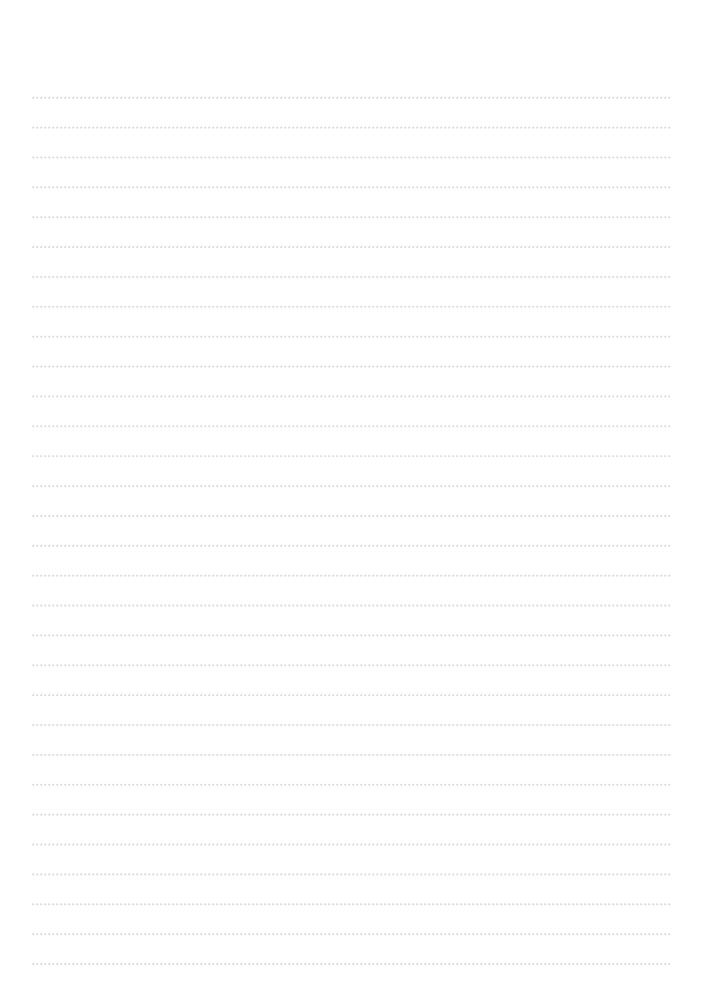
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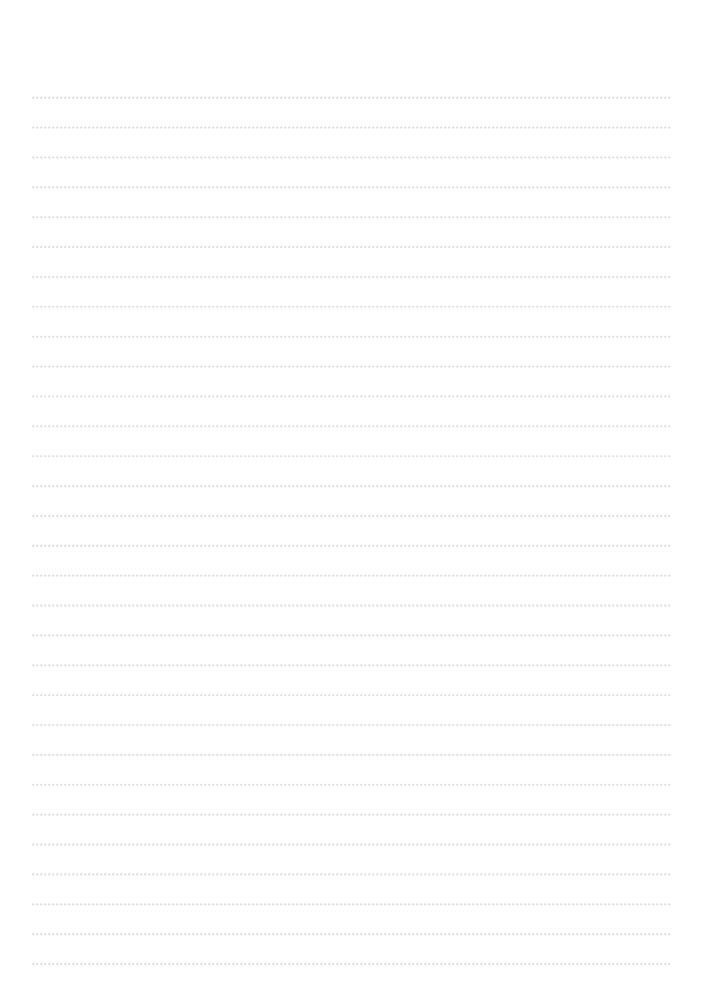
Write about a time when deep breathing helped you calm down.



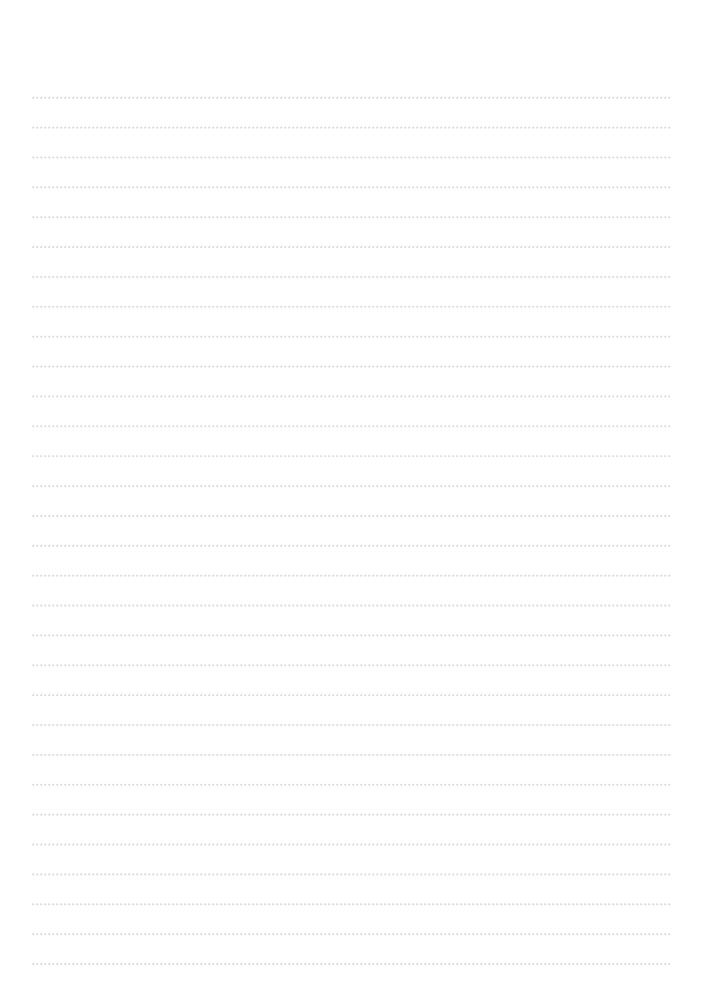
What does the rhythm of your breath remind you of?



Reflect on how your breath connects your body and mind.

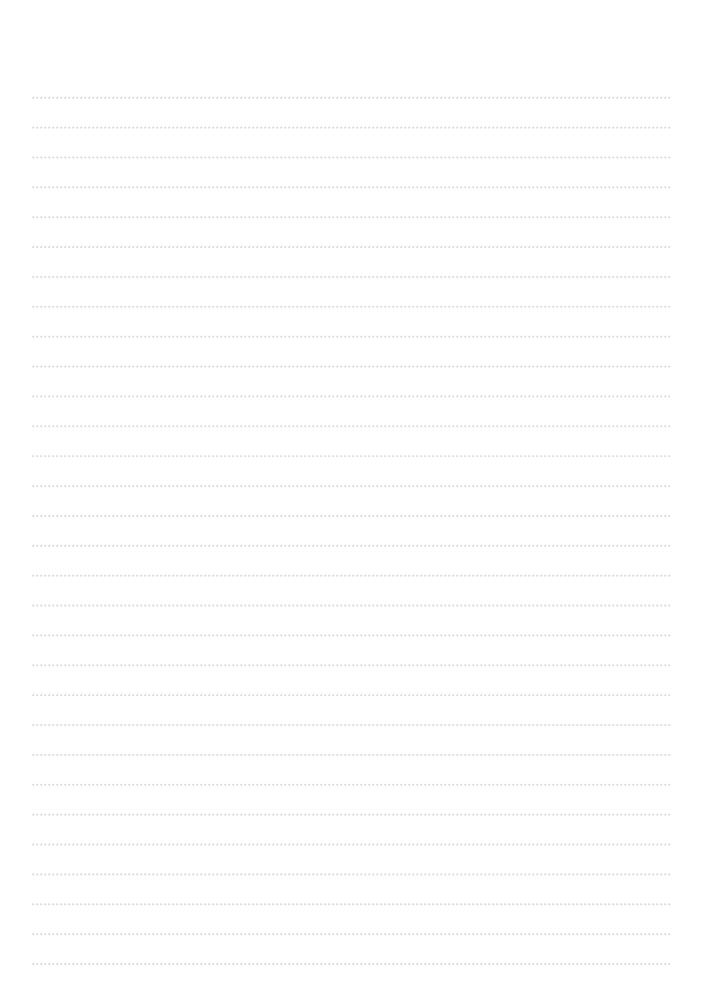


What sensations do you feel as you inhale deeply?

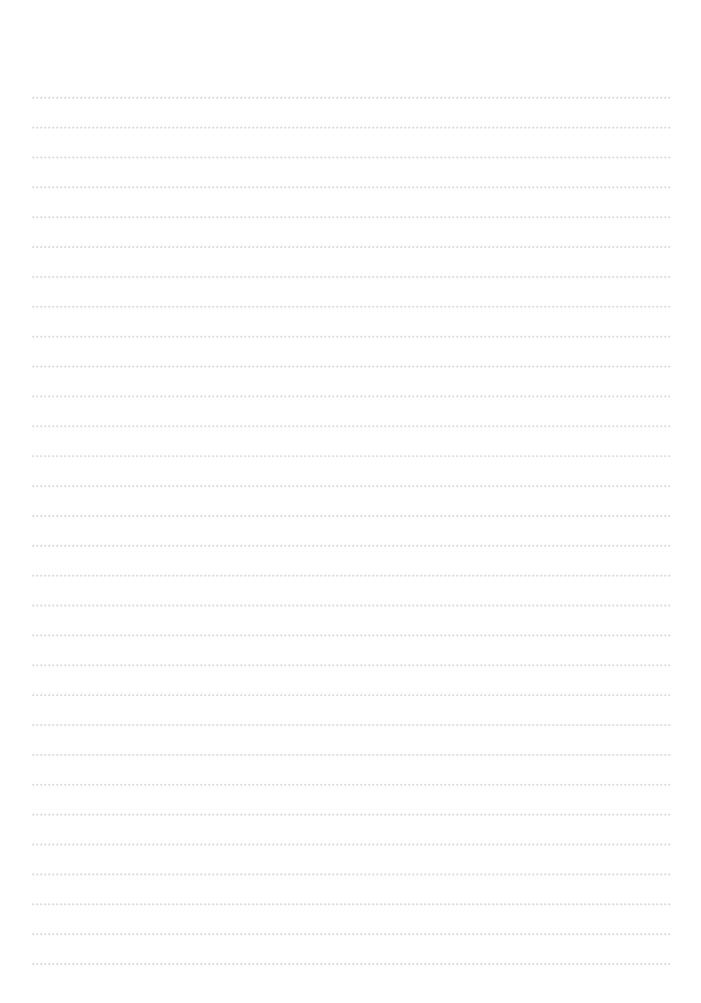


How does exhaling fully feel in your body?

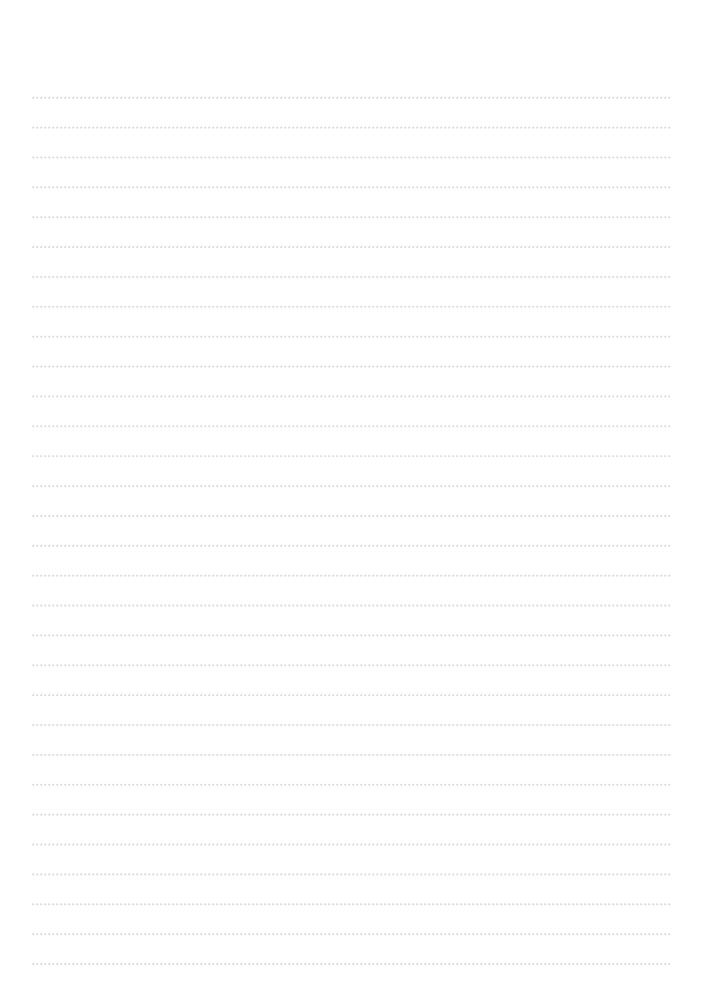
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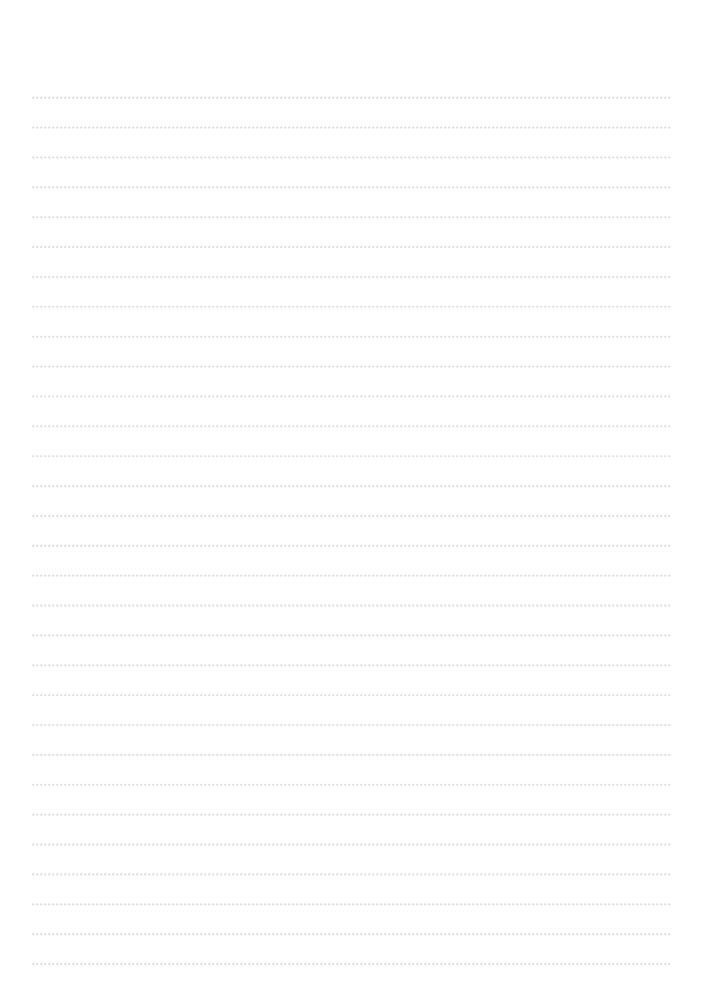
Write about a place where it's easiest to focus on your breath.



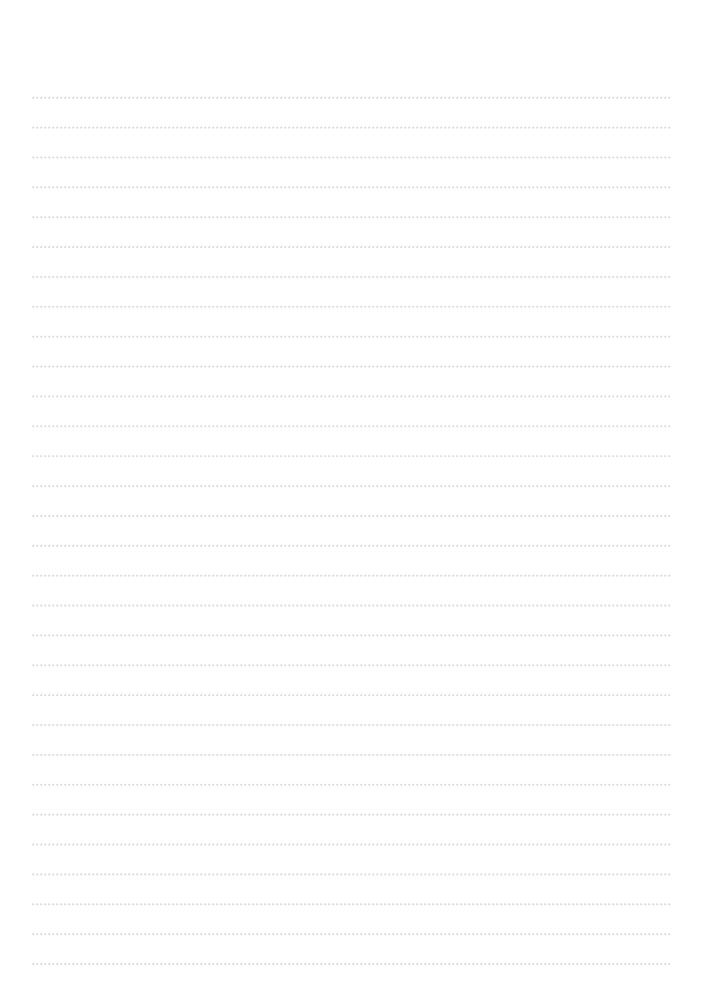
How can you use your breath to bring mindfulness to your day?



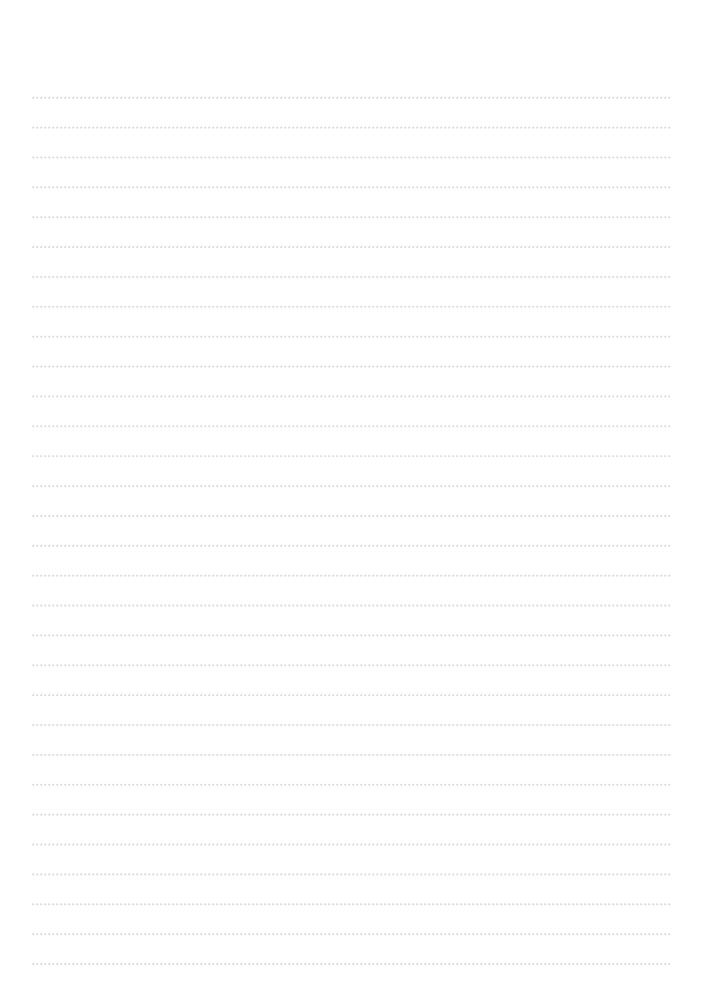
Reflect on the connection between your emotions and your breathing.



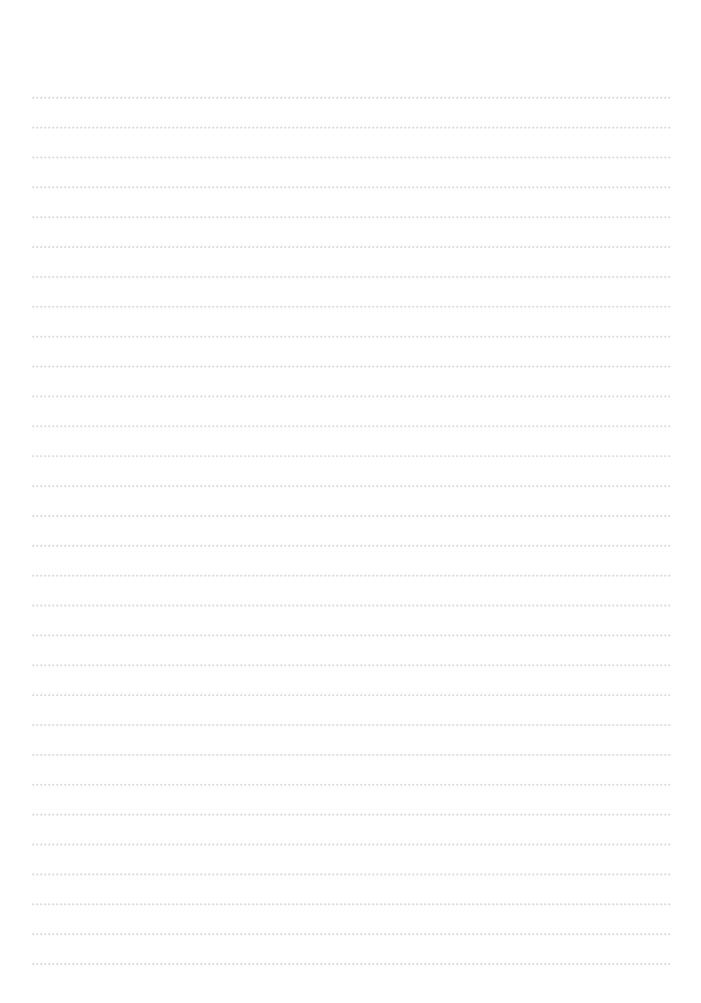
What is one activity where you naturally notice your breath?



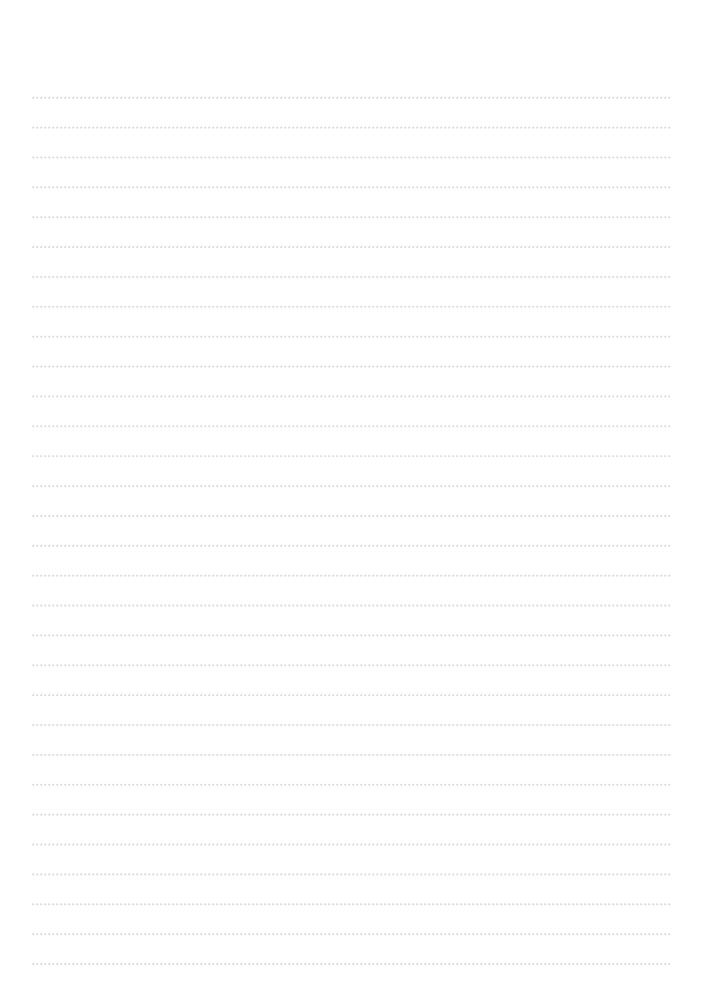
Write about the way your breath feels in a moment of stillness.



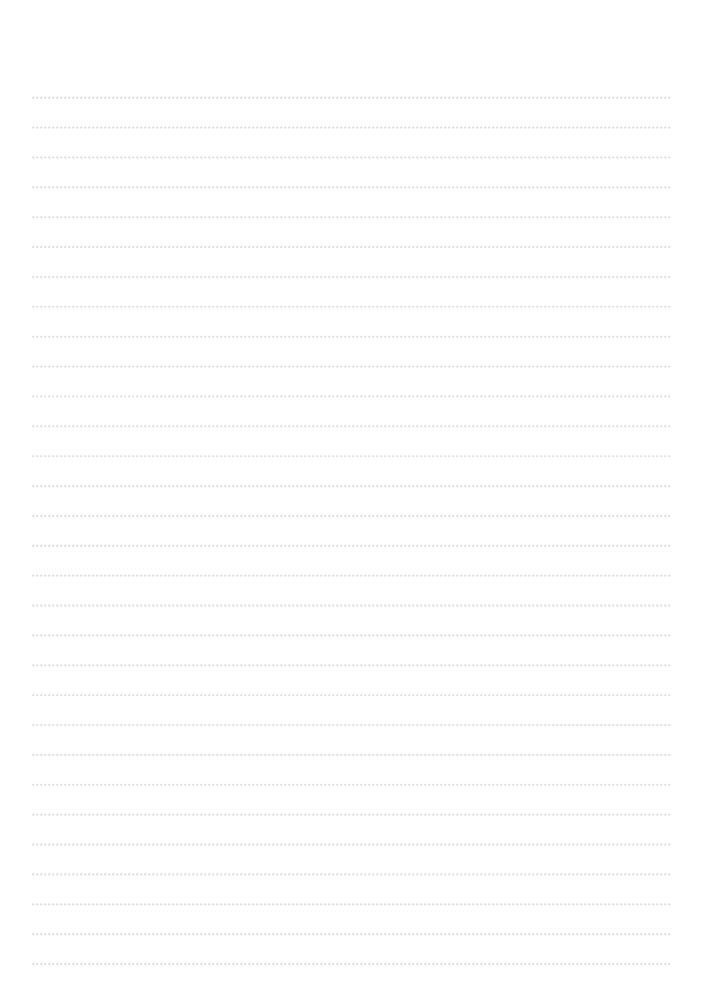
How does paying attention to your breath bring you into the present moment?



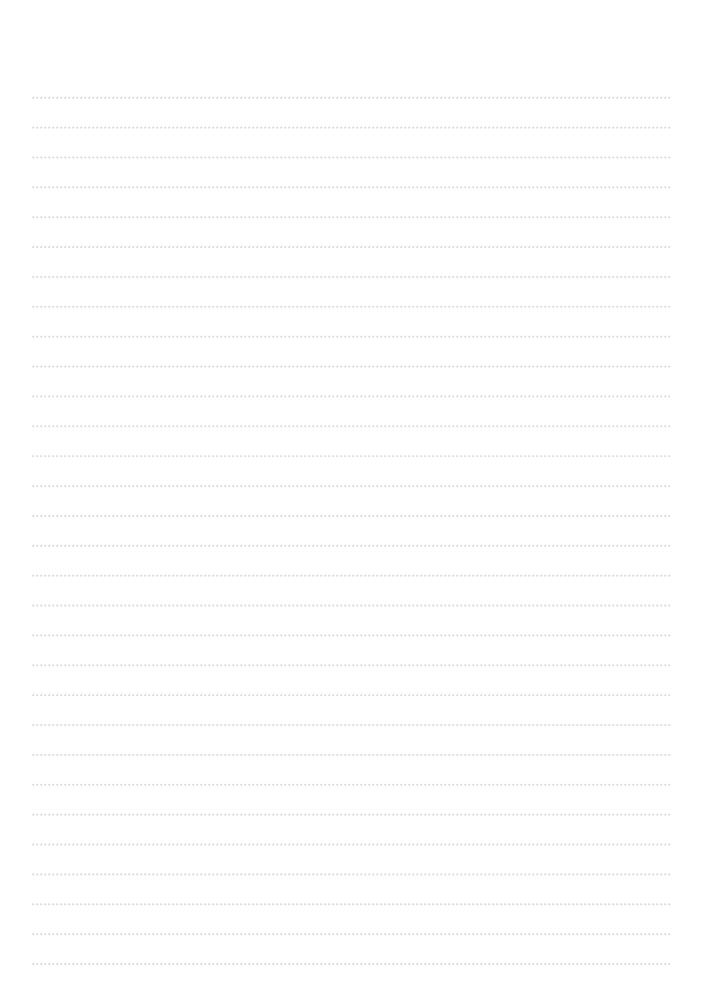
Imagine your breath as a wave. How does it ebb and flow?



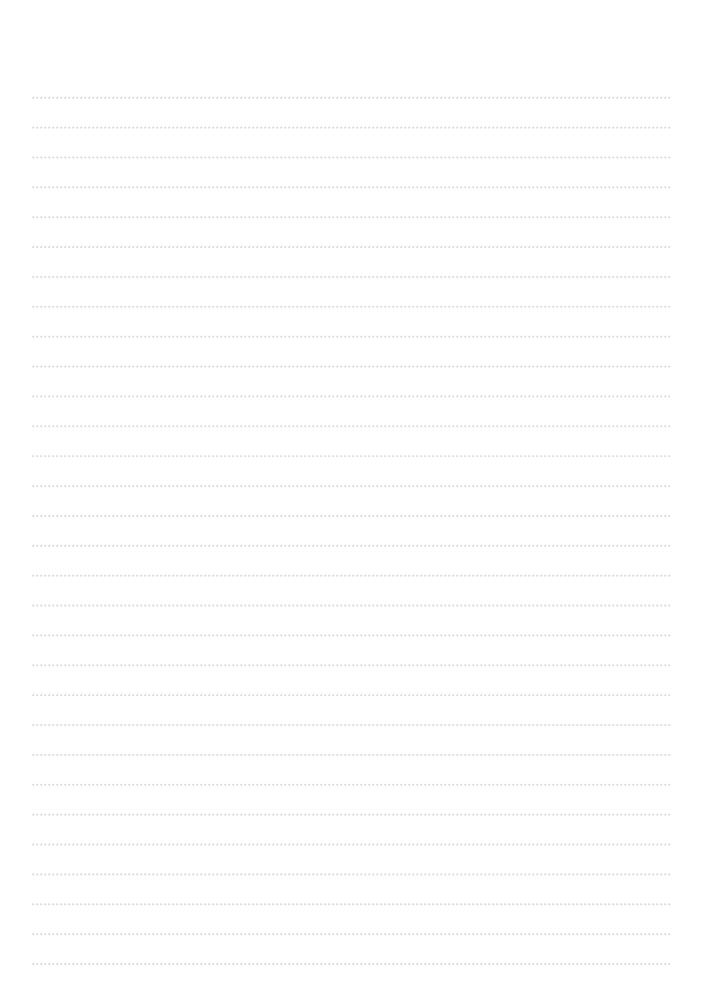
Write about a time you felt gratitude for your breath.



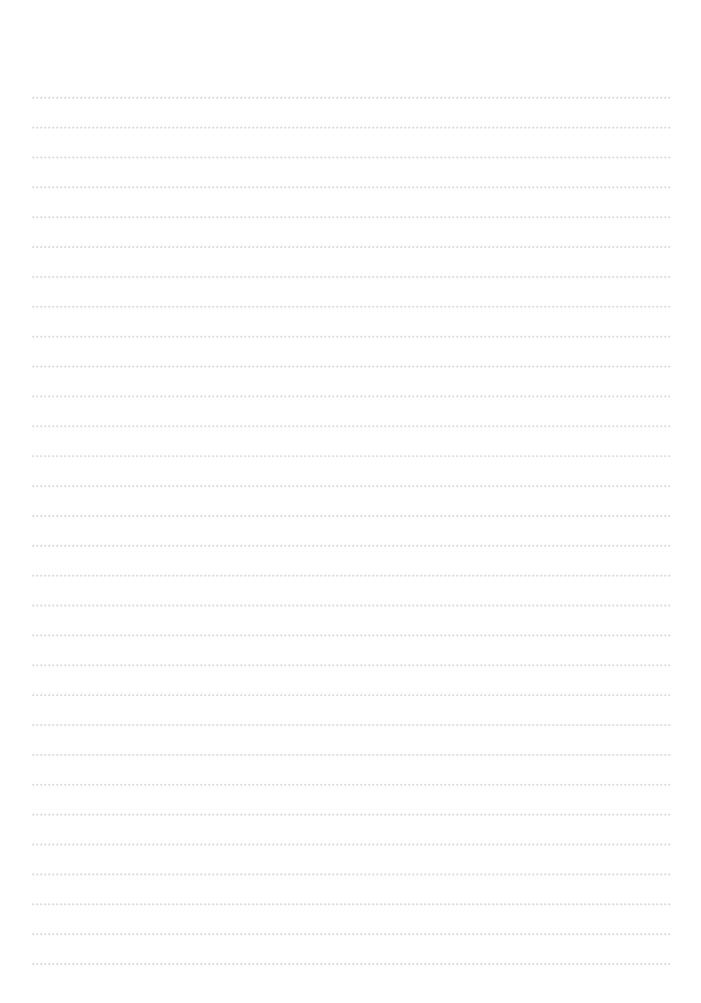
How can breathing exercises help you navigate difficult situations?



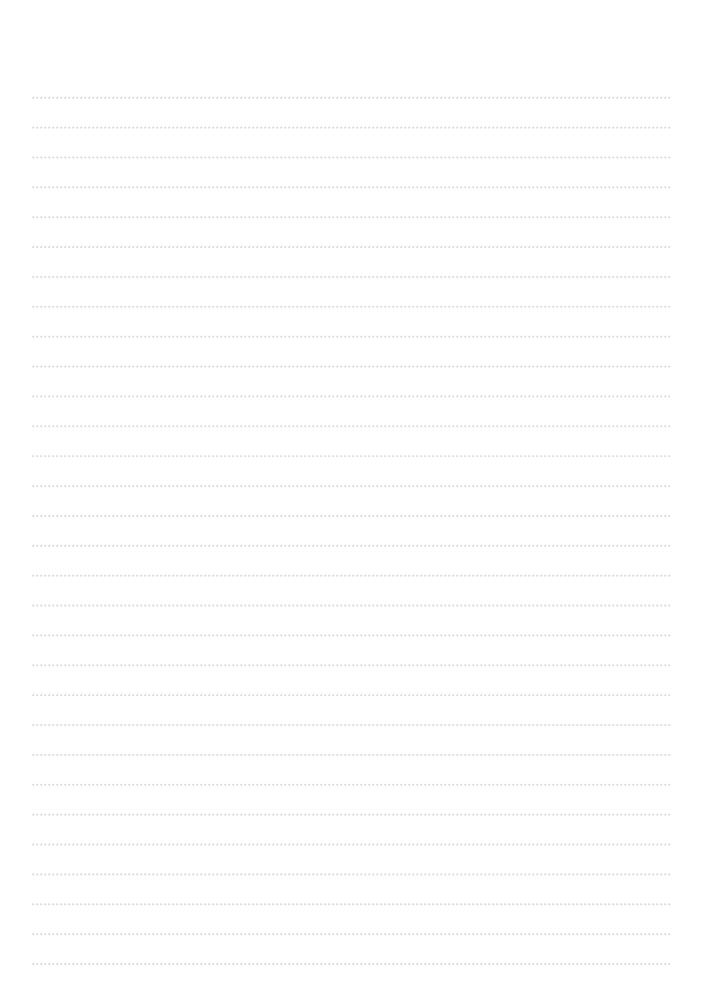
Describe the feeling of taking a long, intentional inhale.



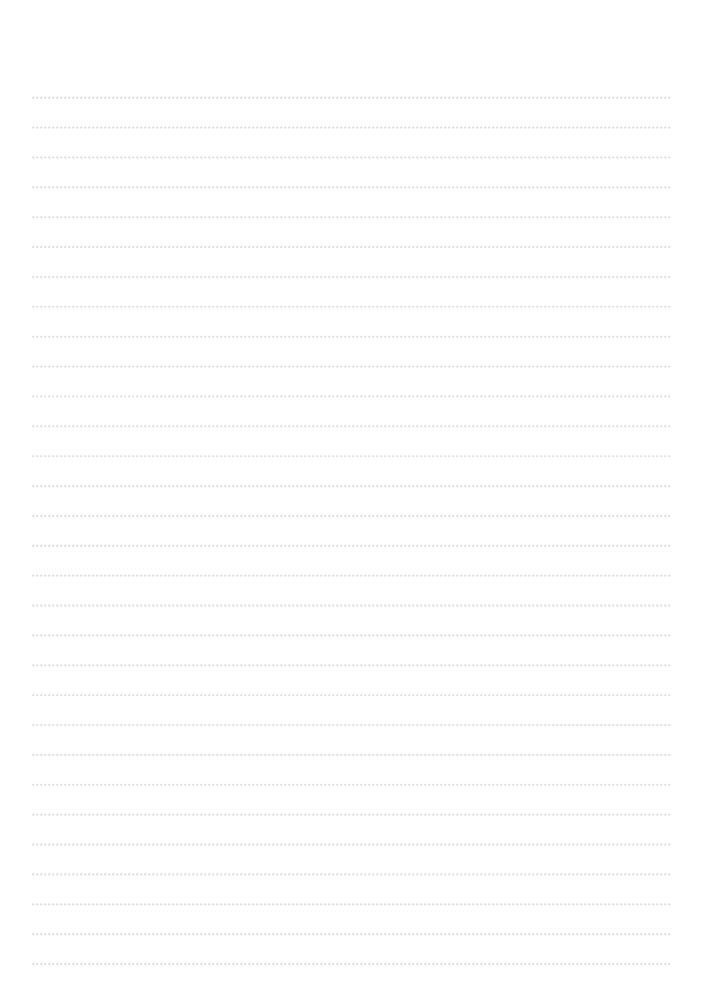
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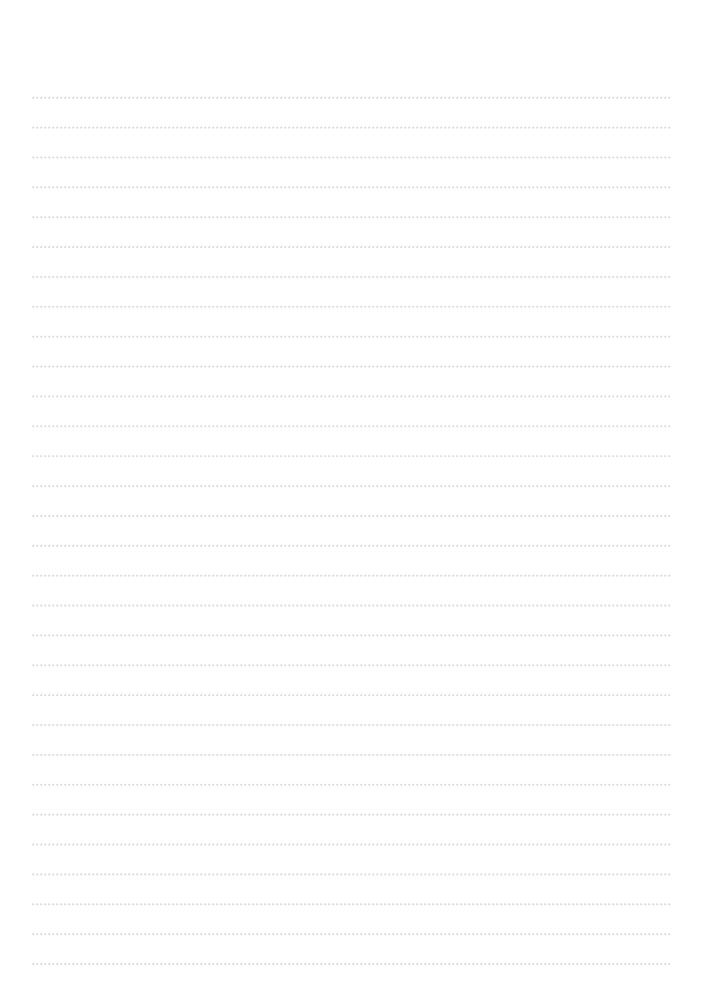
Write about a moment when your breath felt in perfect harmony with your surroundings.



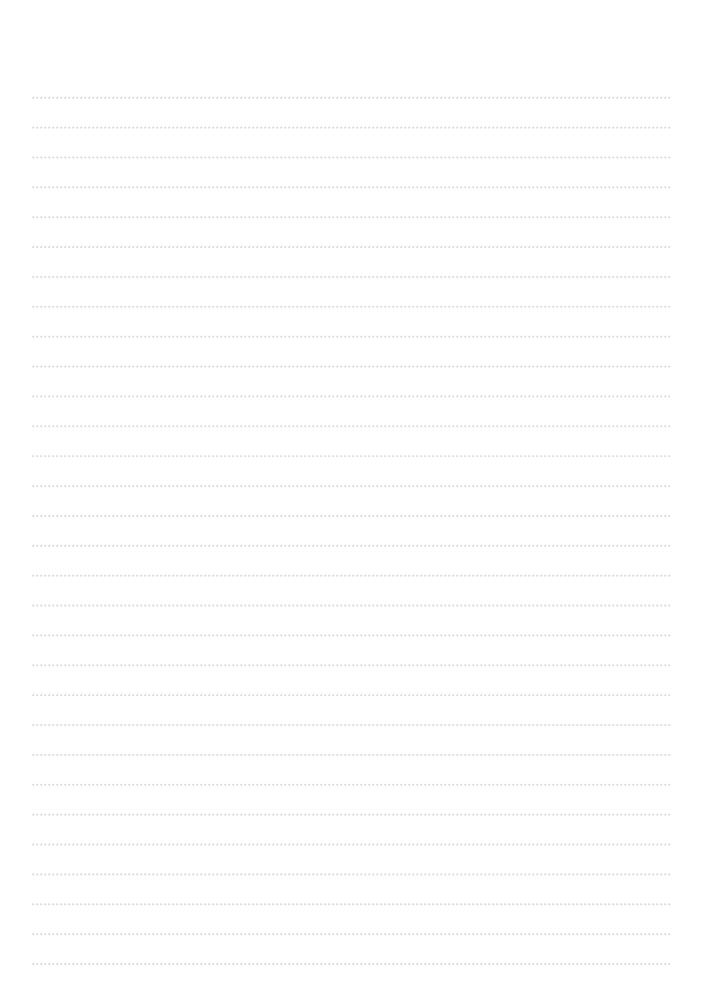
How do you feel when you take five slow, deep breaths?



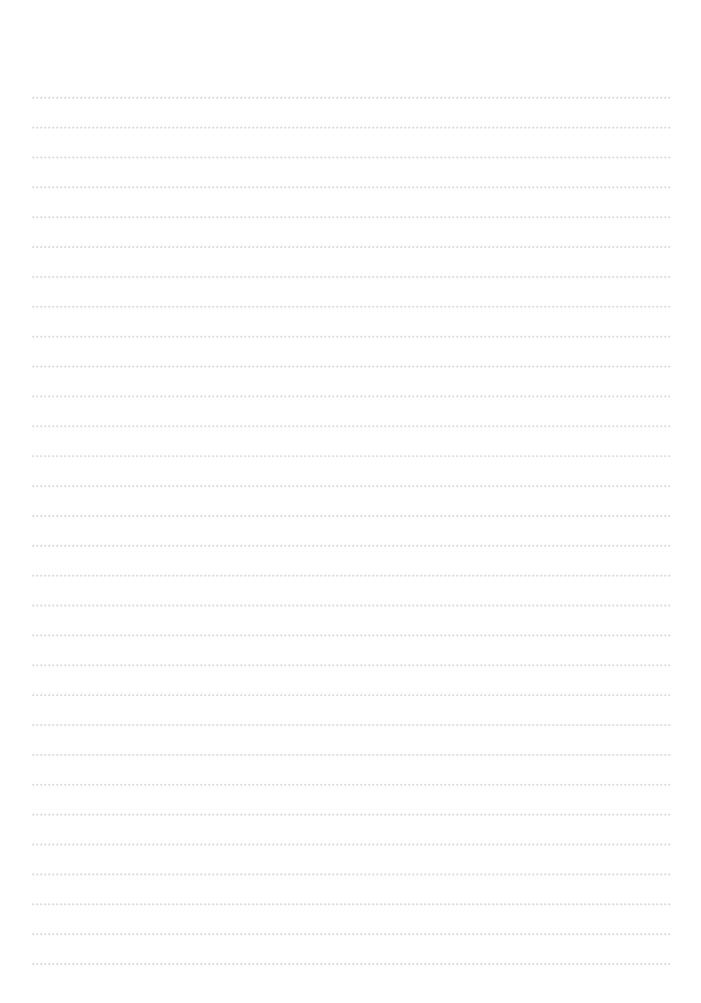
Reflect on th	e way y you la	our breugh or	eath cha cry.	nges \	when
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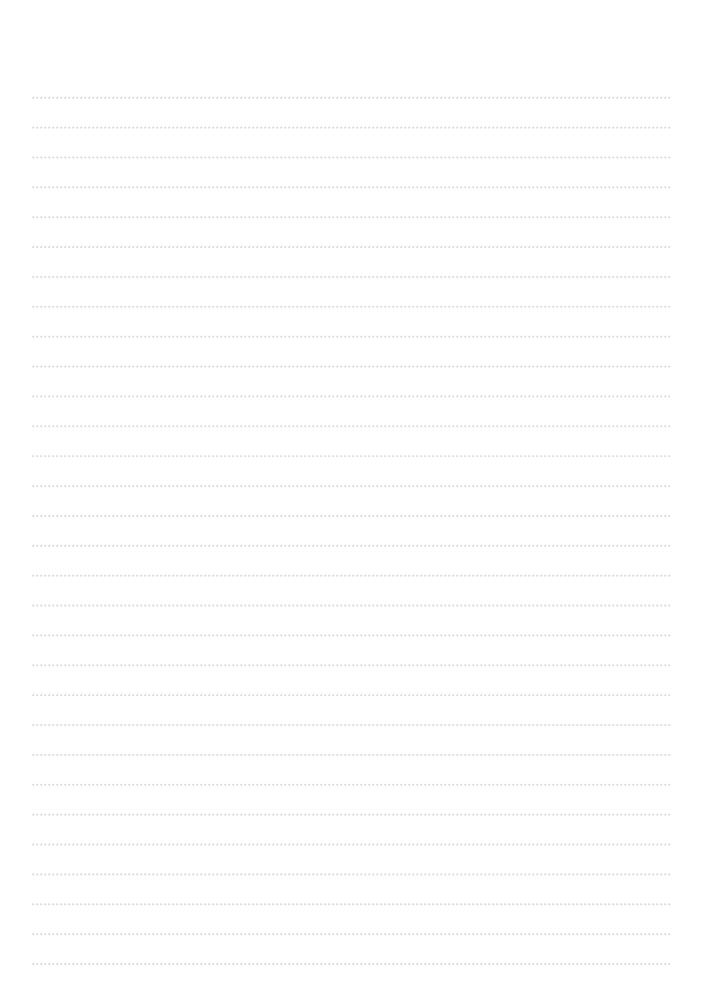
How does focusing on your breath affect your ability to listen?



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

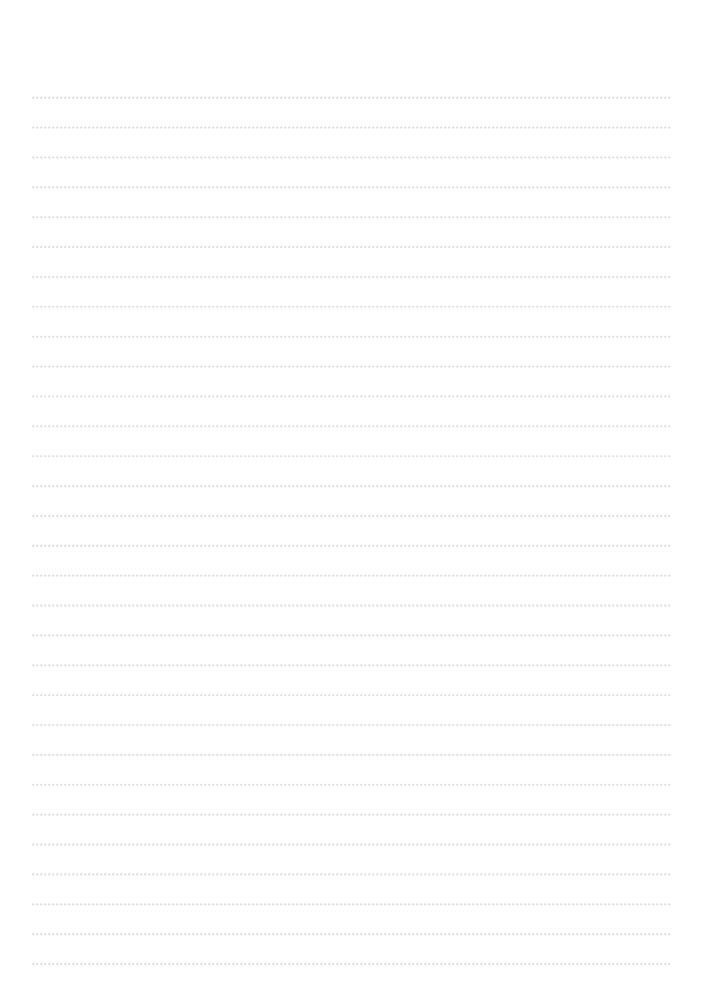


What is one breathwork technique you'd like to explore?

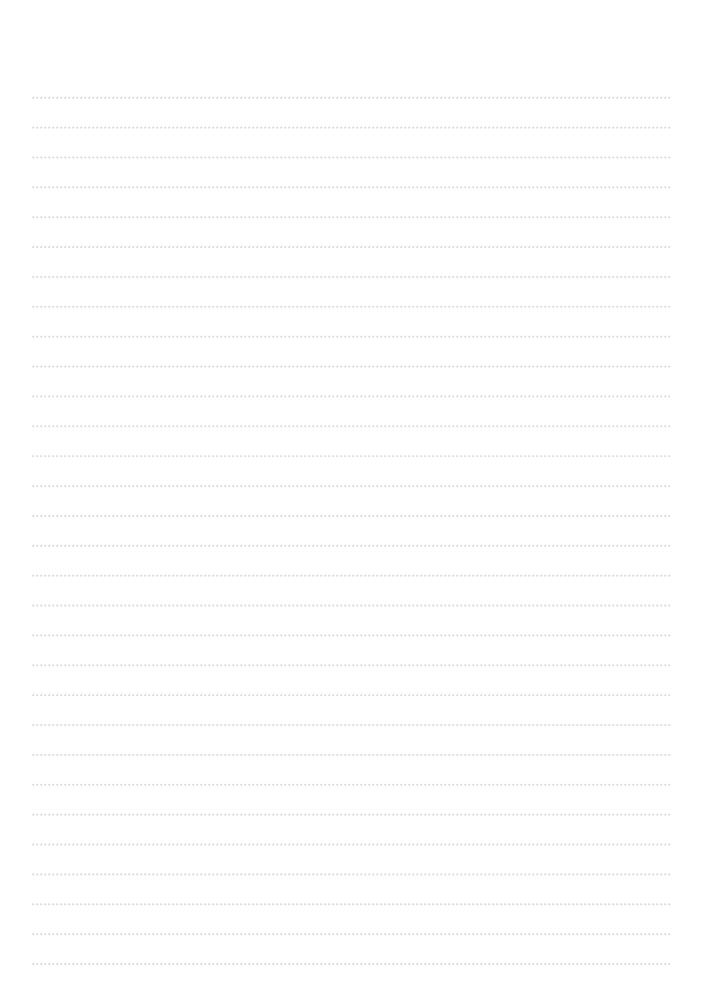


How does the pace of your breathing reflect your current state of mind?

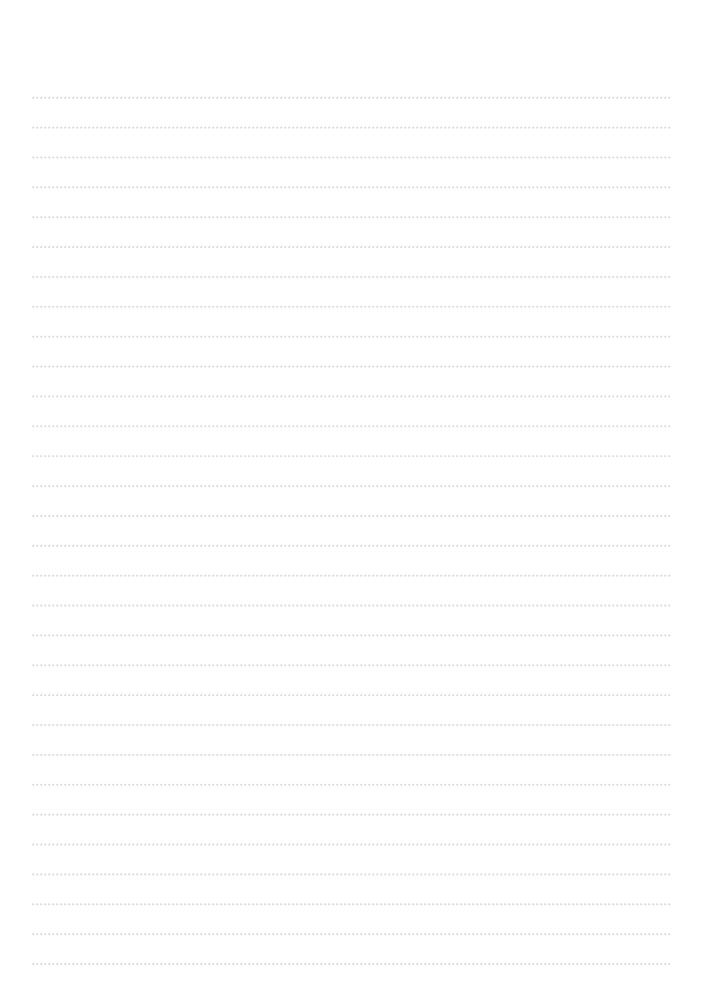
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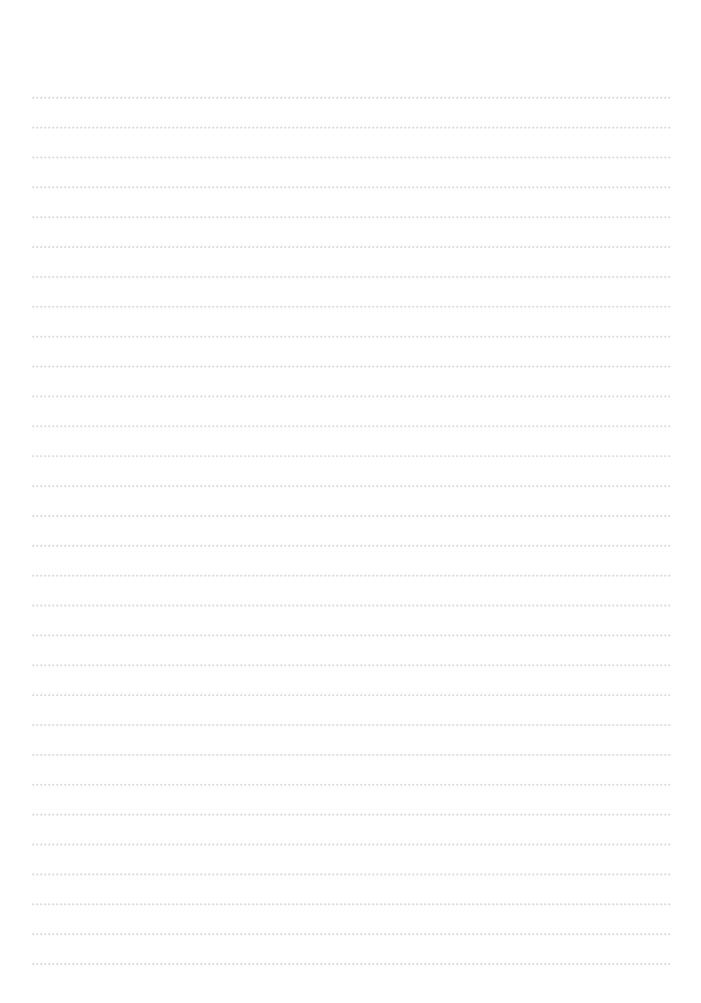
Describe how your breath feels when you are outside in nature.



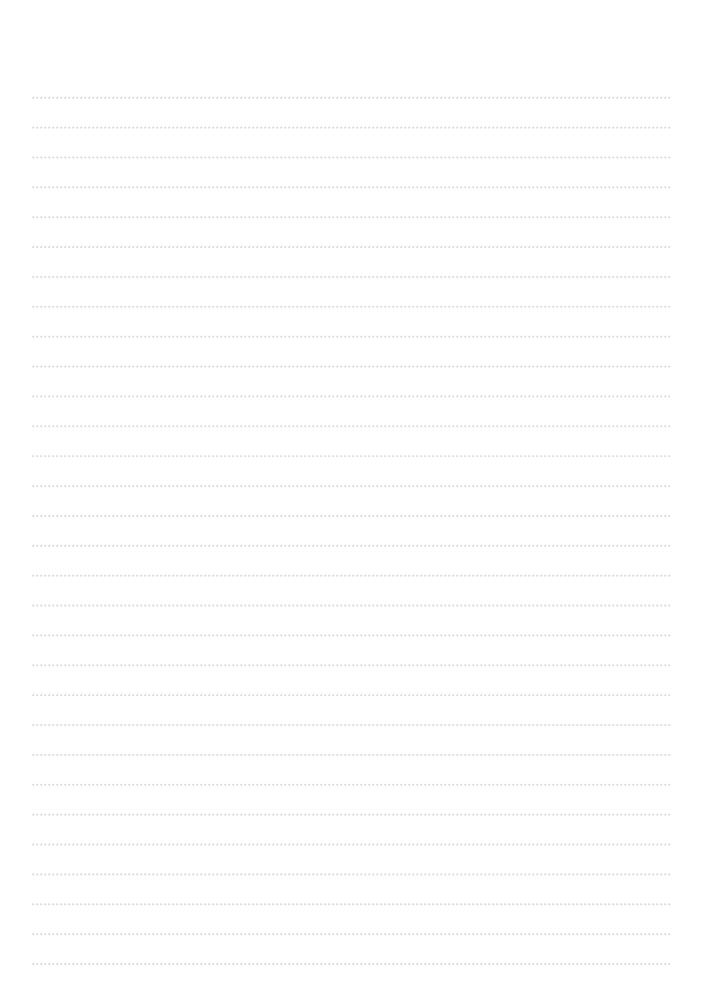
Write about how your breath supports your body in moments of exertion.



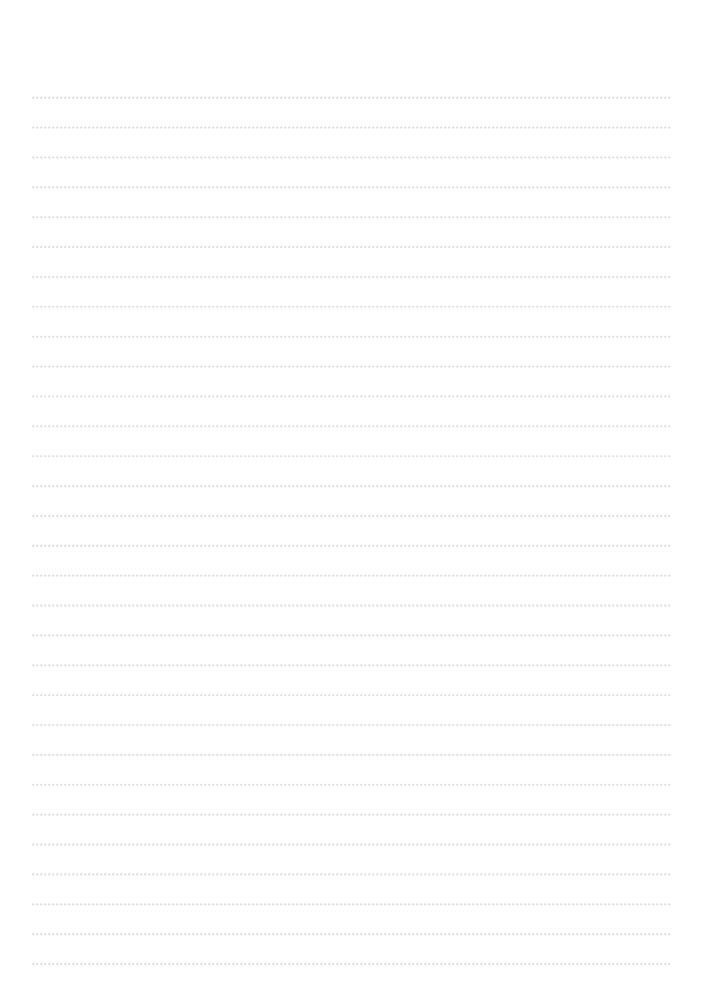
How does observing your breath help you feel more present?



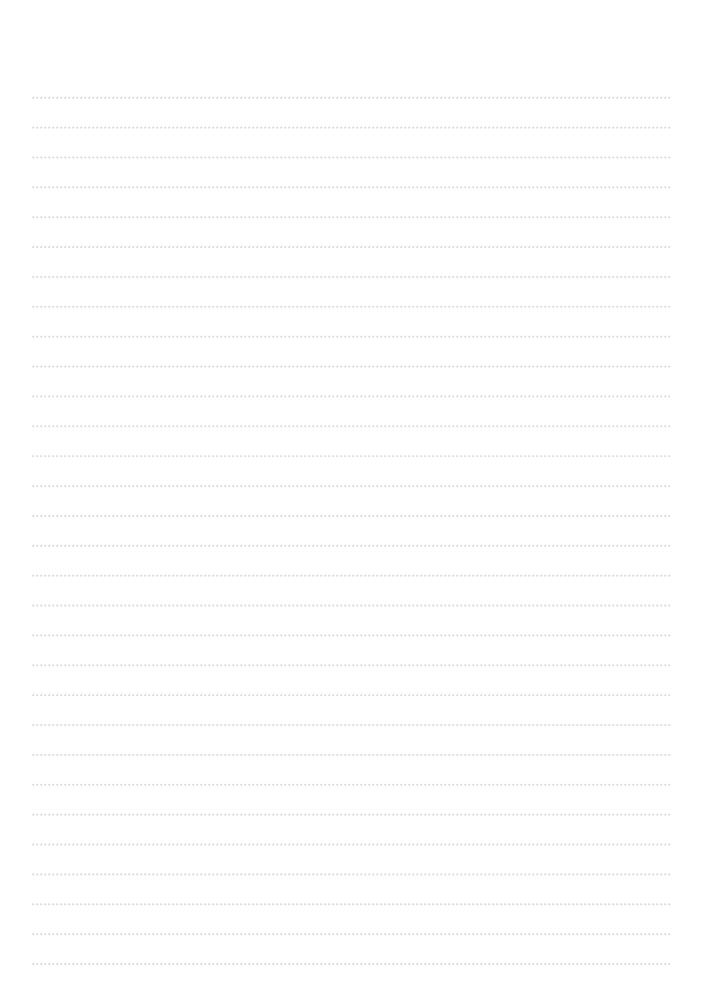
Reflect on a time when your breathing felt effortless and free.



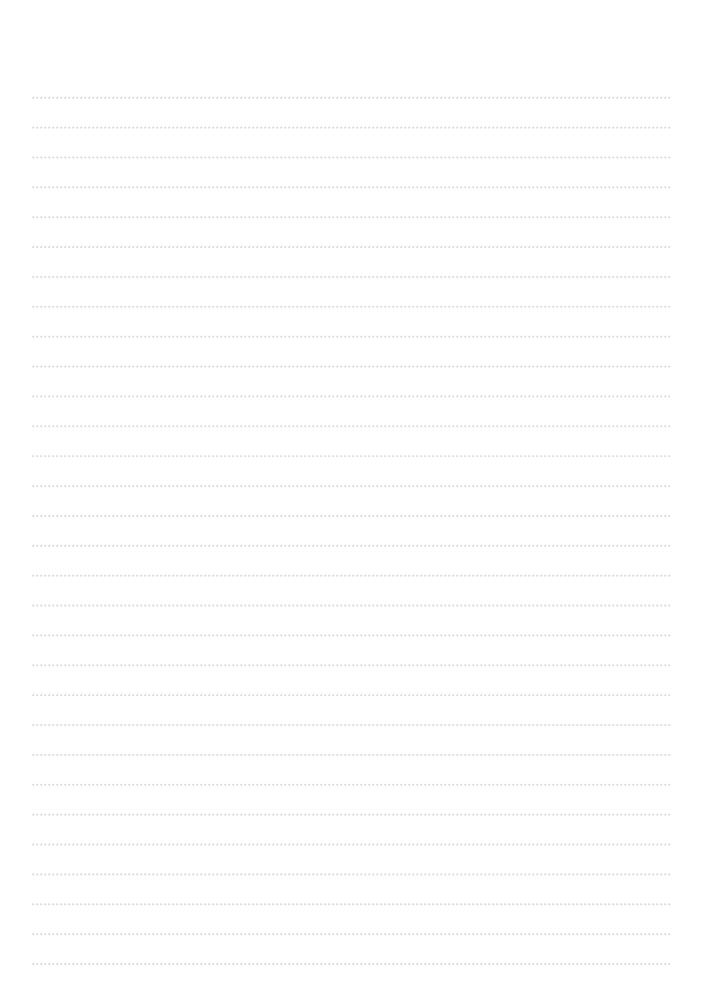
How do you use your breath to reset during the day?



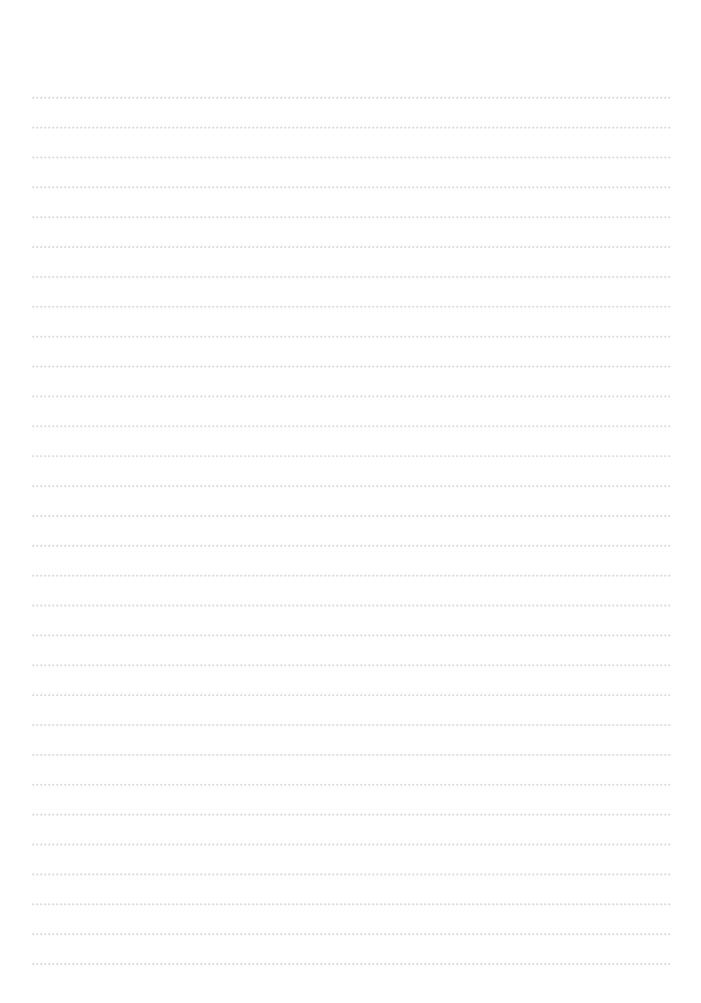
What does it feel like to fully let go with an exhale?



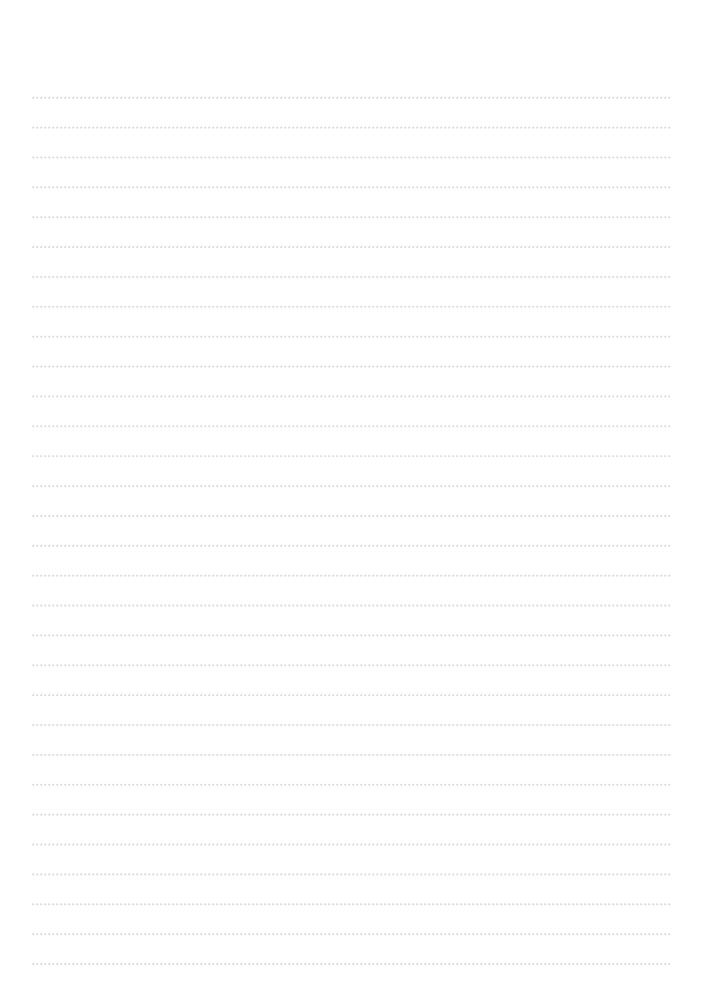
Write about the way your breath changes from morning to evening.



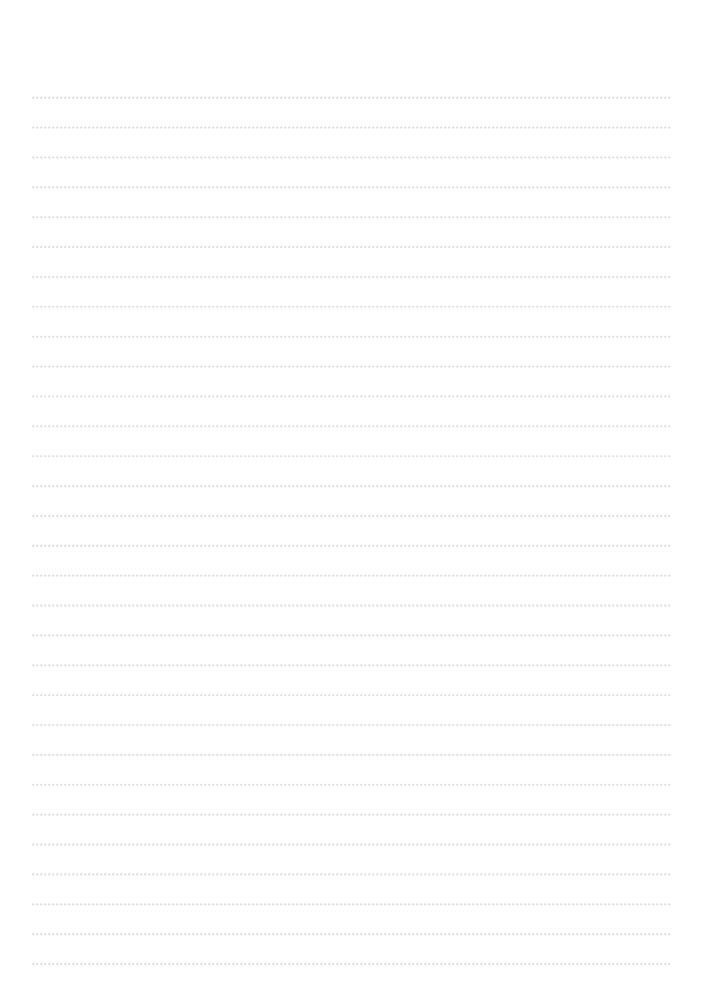
How does focusing on your breath help you create a sense of calm?



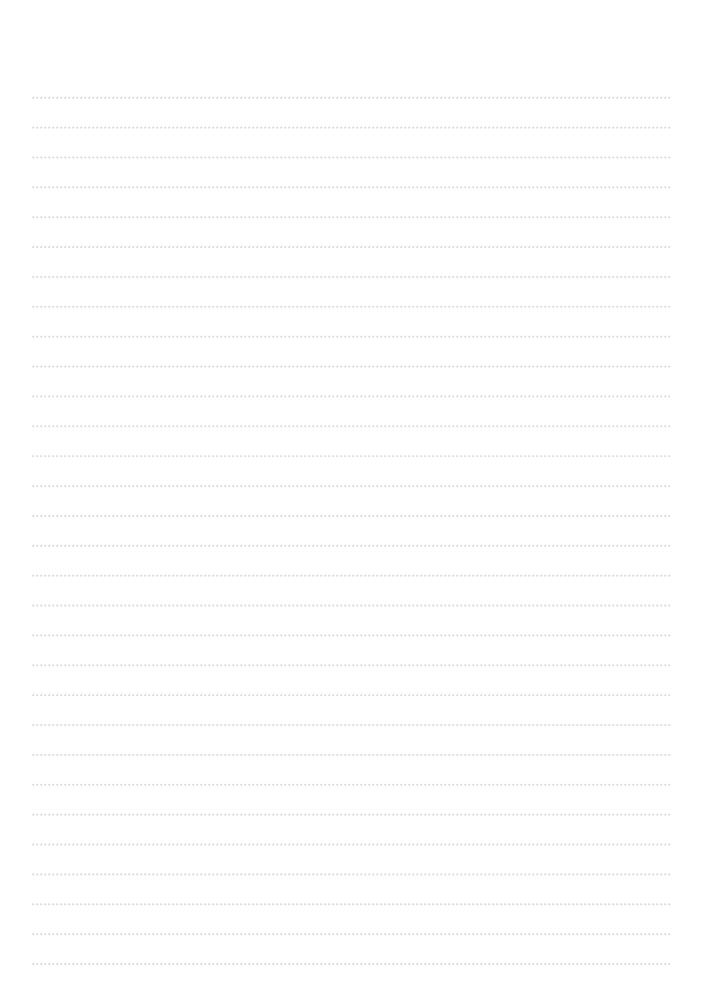
Reflect on the way your breath feels during meditation.



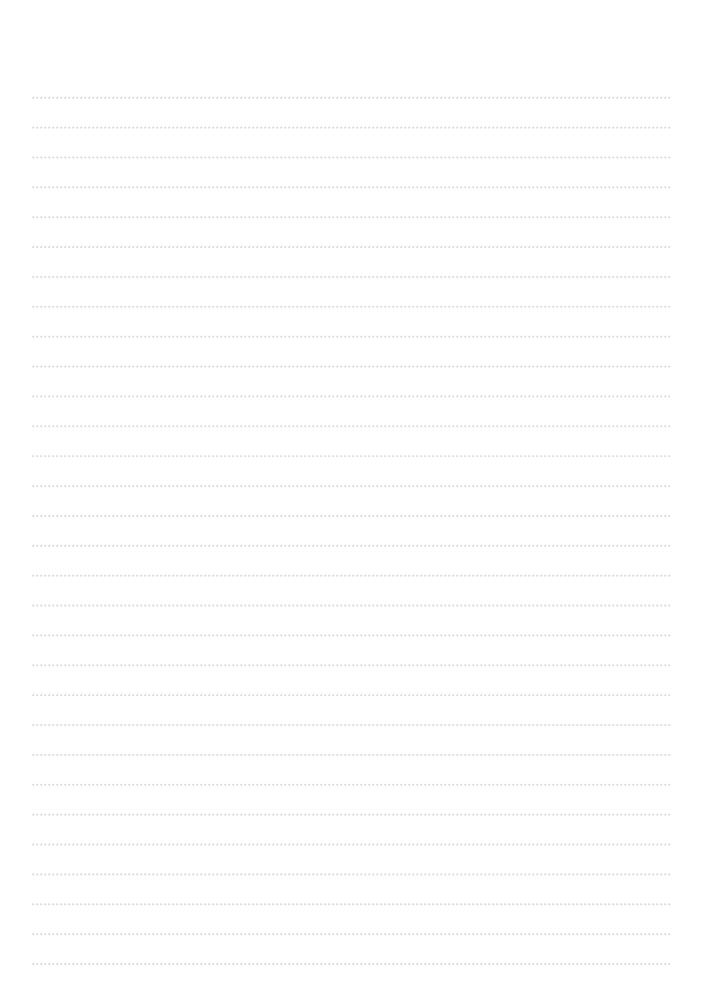
Write about how your breath connects you to the world around you.



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

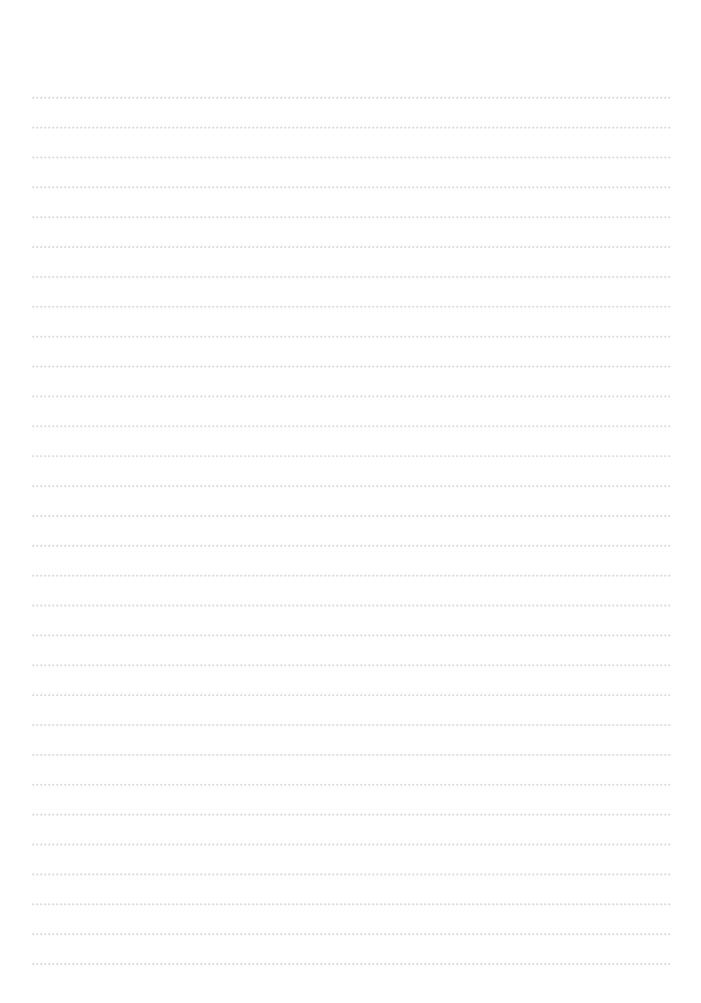


How does mindful breathing affect your body's tension?



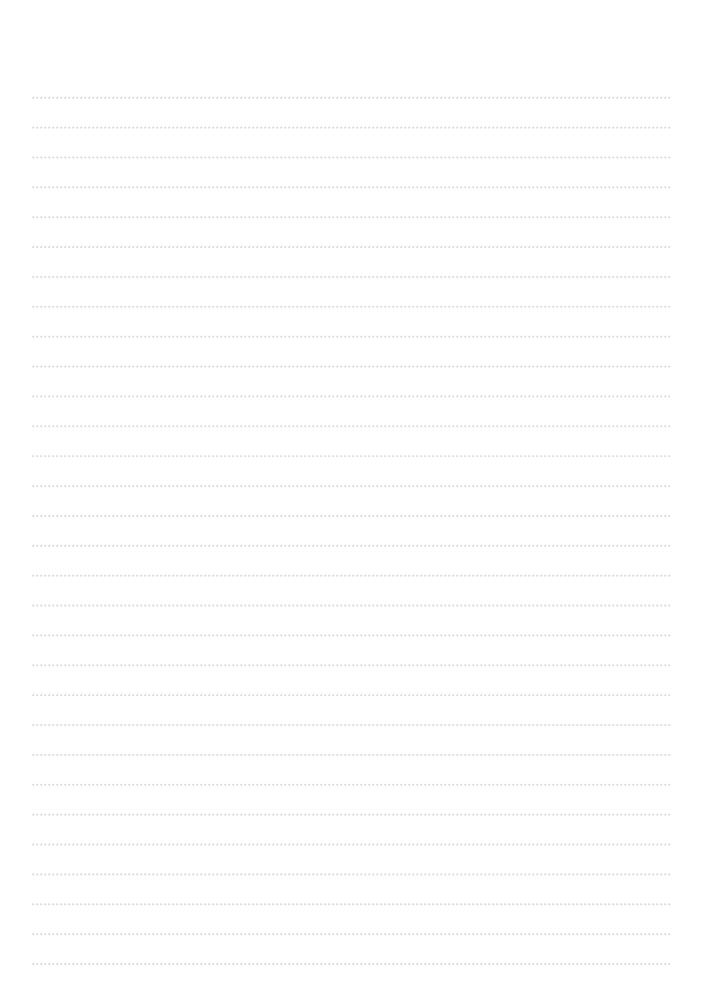
Write about the sound of your breath. What does it teach you?

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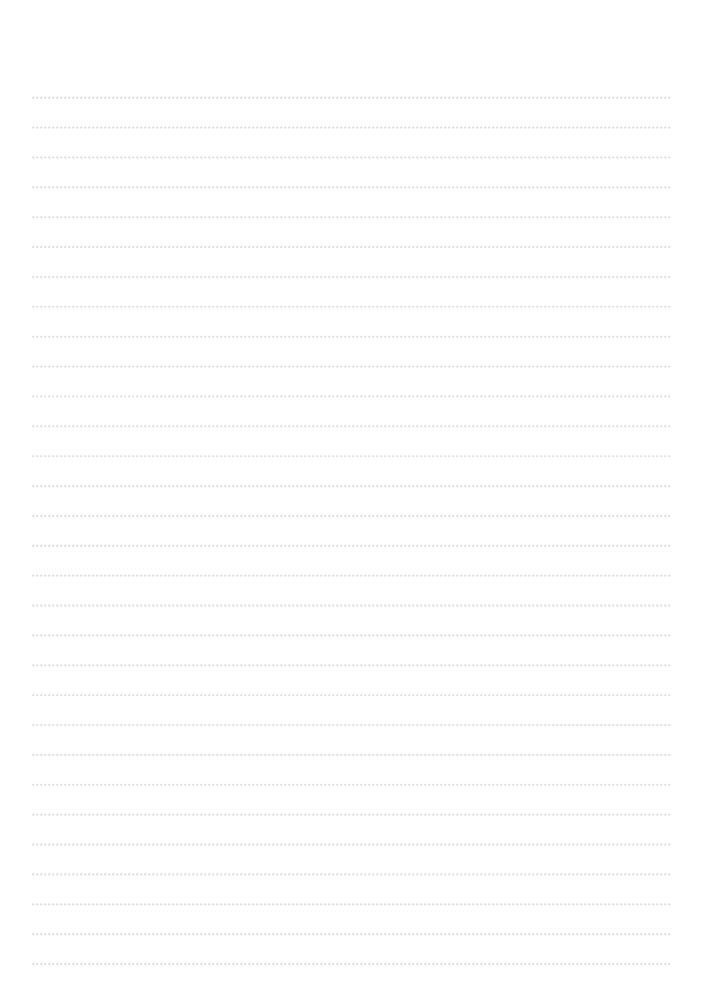


How do you feel when you synchronize your breath with movement?

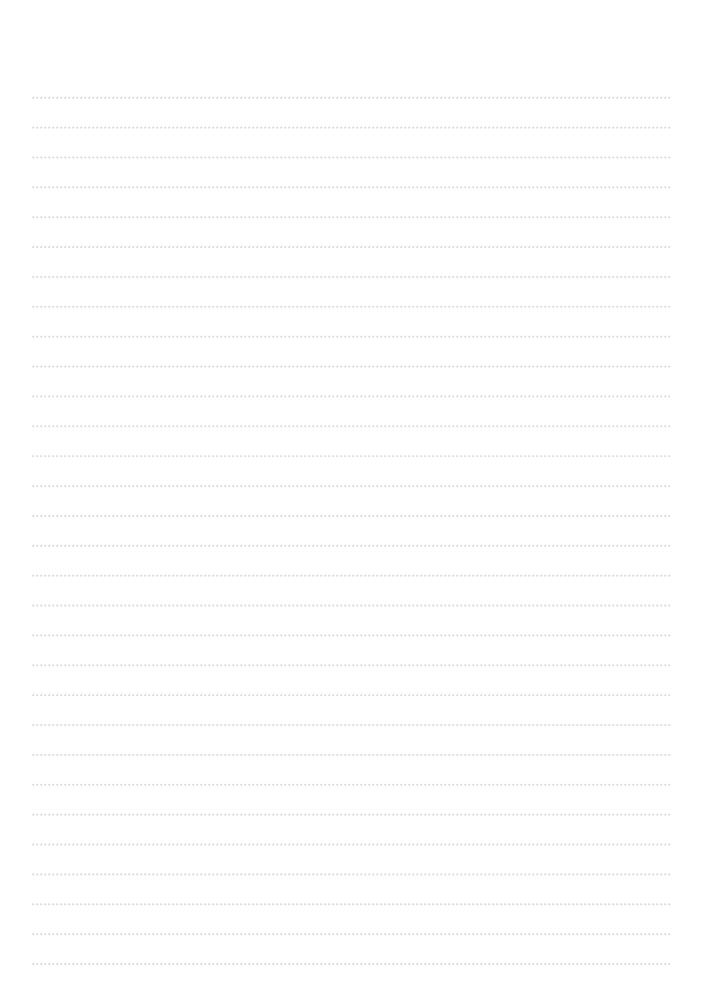
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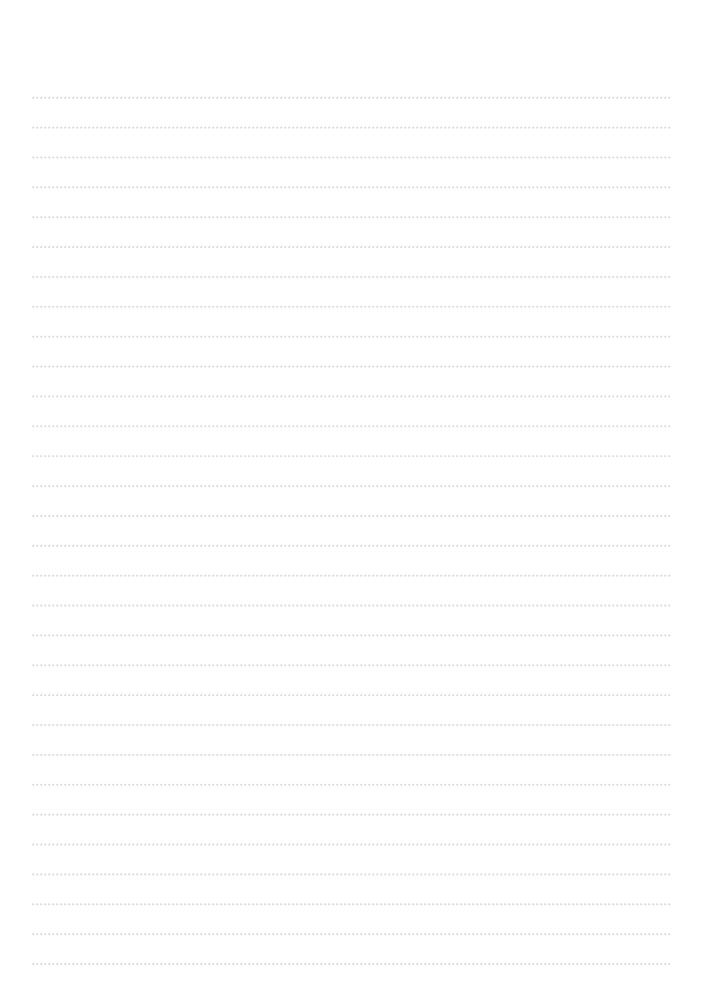
What emotions arise when you focus on the natural flow of your breath?



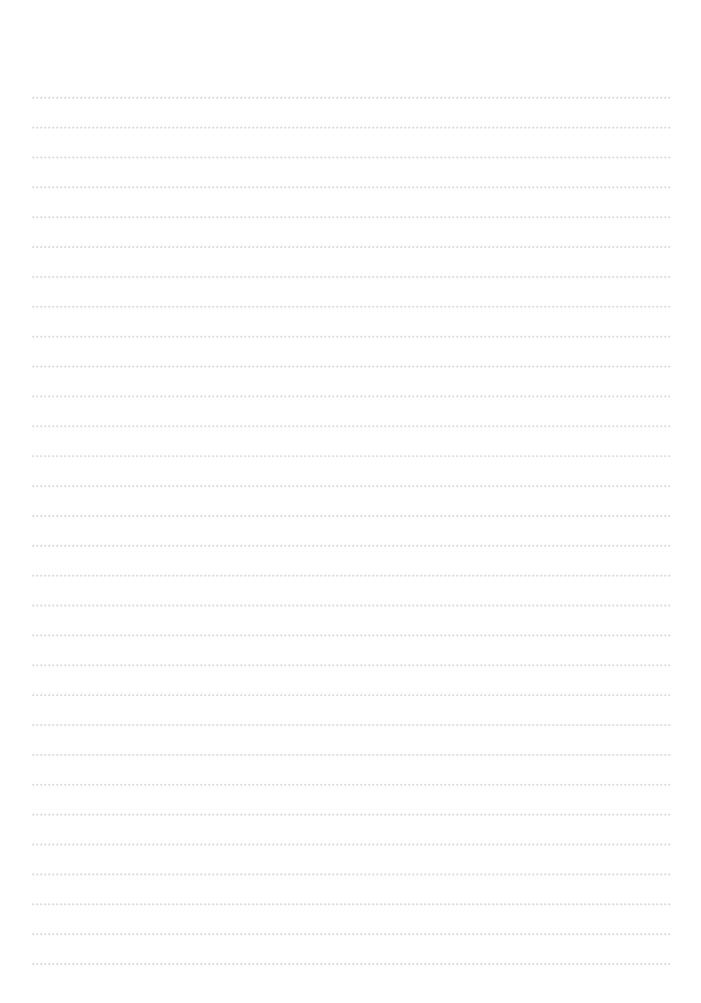
Write about the difference between shallow and deep breathing.



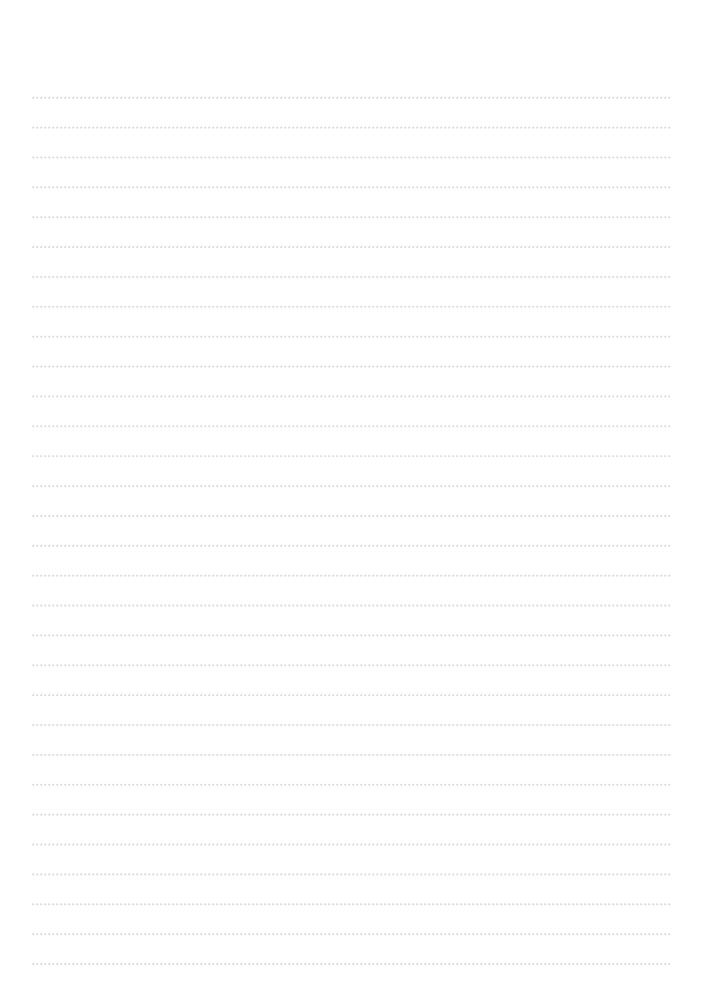
How does focusing on your breath help you process emotions?



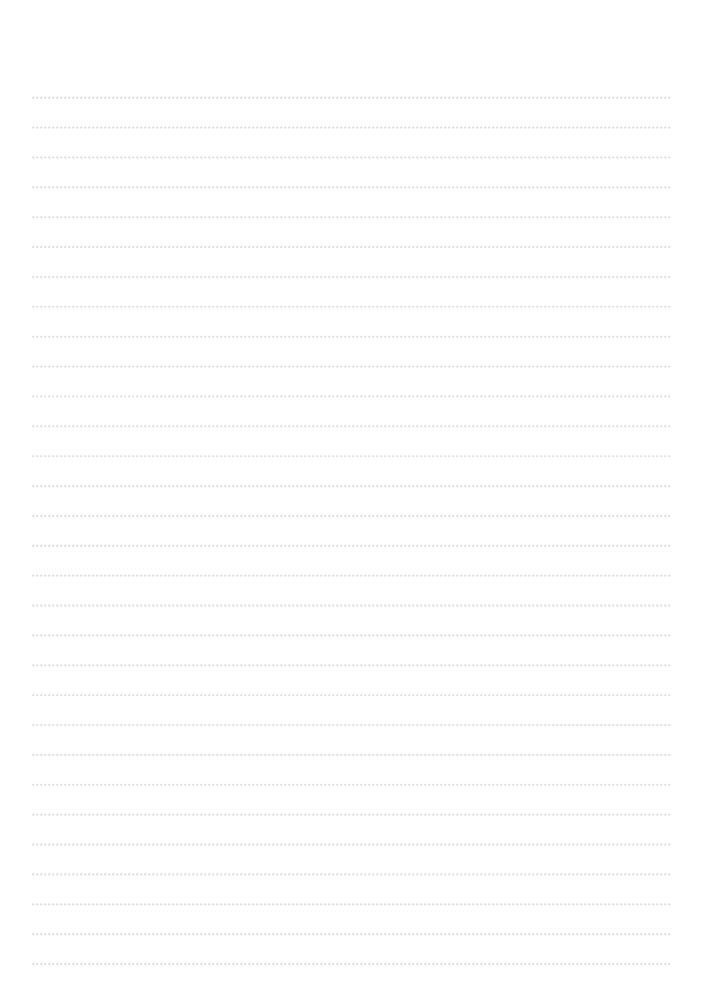
Reflect on how mindful breathing has helped you in a stressful moment.



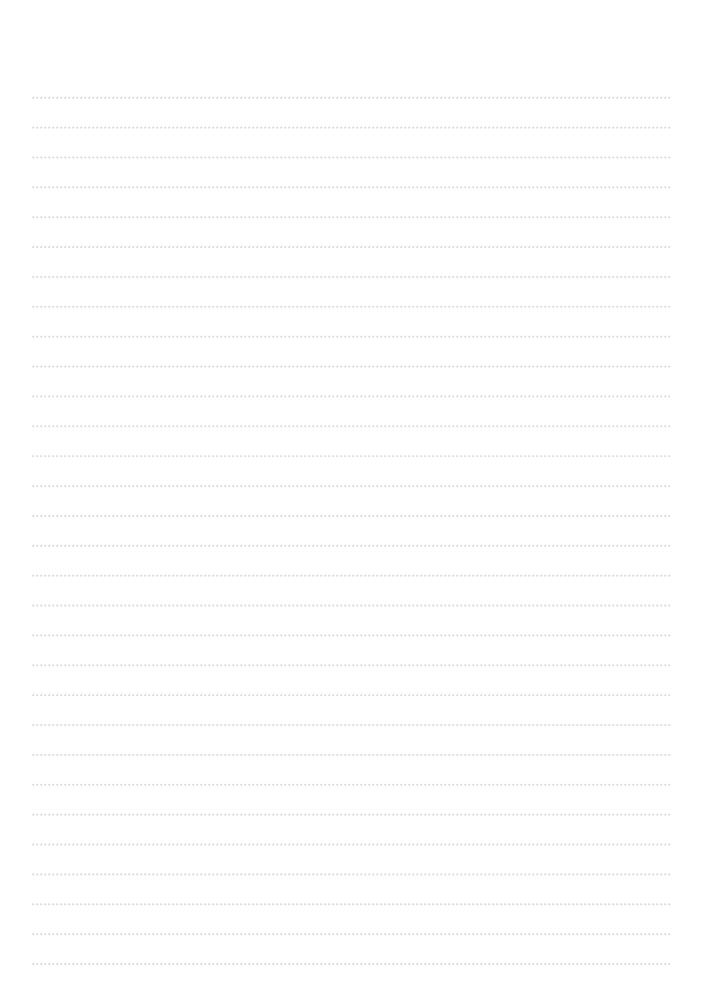
Imagine your breath carrying away negativity as you exhale. How does that feel?



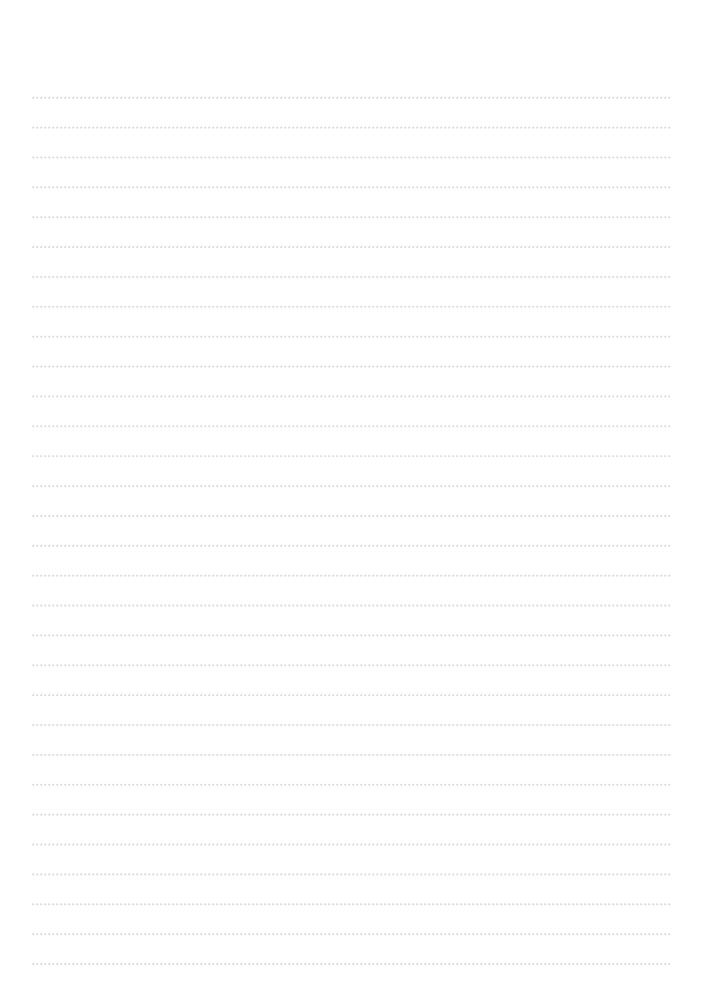
Write about the way your breath supports you during restful sleep.



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



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



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

