



A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

Daily Mindful Questions

- 1. What am I grateful for today?*
- 2. Who am I checking in on connecting with today?*
- 3. What expectations of “normal” am I
LETTING GO of today?*
- 4. How am I getting outside today?*
- 5. How am I moving my body today?*
- 6. What BEAUTY am I either creating,
cultivating or inviting in today?*

