



# The Life Organizer Mindful Questions

by Jennifer Louden

Welcome to *The Life Organizer Mindful Questions*. This lovely little planner consists of 52 *undated* weeks of mindful questions; the same questions in the same order you find in *The Life Organizer book*. This way you can easily create your own format of life planner. Print these questions out or, if you wish to write in the document, there is a downloadable Word document. However, the formatting may be off in the Word document because of differences in computers.

You will find *only* the questions here without the accompanying explanations – those are in the book, which you want to have on hand.

We've kept this document pretty basic to make it easy to print out, especially on older printers. Although we have used color, you can, of course, print in black and white.

It is my deepest hope and desire you will turn this planner into a tool, a vehicle, a support to create a life you love—a life that soars, flows, and expresses you.

## *Week One*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What experience or feeling do I yearn for today?

How might shadow comforts or time monsters block me from trusting myself or from exploring the yearning I just named?

What would help my body feel listened to and loved?

How have I been talking to myself lately?

I praise myself for:

## *Week Two*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What am I most passionate about this week?

What or who do I want to say no to this week?

What or who do I want to say yes to?

What touch, texture, or physical contact  
would nourish and calm me?

What might shift if I used the interruptions of  
my life this week to come into the present  
moment?

I trust:

## *Week Three*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What do I want to learn in the coming months?

What do I need to dump out of my brain to make more space for what I would rather focus on?

Creative self, what enchantment and soul food are you hungry for? I'm willing to listen.

With whom might I share my idea of comfort with this week?

I'm satisfied with:



## *Week Four*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What recent mistakes can now be turned into compost, and what new beginning will I grow in this compost?

What is my biggest source of stress, irritation, or annoyance these days?

What story am I telling myself about this stressor?

What are the facts in what I just wrote?

Given these facts, what might I be open to doing or feeling today that I haven't done or felt before?

I'm ready to receive:

## *Week Five*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

How is confusion or not knowing showing up in my life these days?

What might be the gift or opportunity in these moments of not knowing?

What do I desire this week? What calls to me, even if it doesn't make logical sense or I'm certain I don't have the time or energy?

What are the three or four things I think about most?

Is this what I want to think about?

What do I want to receive into my life this week? What gifts offered to me by the bountiful universe am I ready to accept?

I've always wanted to:

## *Week Six*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

If I could do or be or feel anything this week,  
what would it be?

Am I willing to take one doable step toward  
what I want?

What one basic need do I want to pay attention to this week?

How and to where can I slip away for a mini-retreat really *soon*?

When I think of a current favorite shadow comfort or time monster (like \_\_\_\_\_ or \_\_\_\_\_) I think I could actually be hungry for \_\_\_\_\_.

I know:

## *Week Seven*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What could I lean back on and trust today?

What am I too busy to think about?

What is not thinking about this costing me?

What physical activity would I like to enjoy this week?

What do I want to enjoy this season that I haven't yet made time for?

I tolerate:



## *Week Eight*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What is one way I'd love to flow with my life today?

I could invite more rest and quiet into my life this week by . . .

What emotional release do I need, if any? Is anything, no matter how trivial, clogging my emotional arteries?

Body, what intuitive messages are you sending me? I'm ready to listen.

I respect:

## *Week Nine*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What do I need less of this week?

What could be a good rhythm for my week?

Am I doing something for someone else that I want to do for myself?

How can I shape my mood to support me in flowing with my life this week?

What are my current four to six focuses? Have I been adding more “pots to the stove” than I have burners (i.e., time and energy)?

I trust:

## *Week Ten*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

Spirit, what would you have me do, feel, or think to be fully alive this week?

What one thing could make my life more joyful this week? Lighter? Easier?

What shadow comforts and time monsters  
suck me in these days?

What would I like to be free of this week?

I accept:

## *Week Eleven*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

If I knew now what I will know at the end of my life, what would I choose to do with my precious life energy this week?

What could my Wise Woman, my Grandmother, the self I will become, give me to help me create a week that fits me?

What small shifts can I make that might enhance my routine, give me a more grateful, flowing, God-smacked perspective?

What hidden gift wants to unfurl in me this week?

I'm not ready to let go of:



## *Week Twelve*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

How do I feel about the choices I've been making in the past few weeks or months?

Who am I becoming with these choices? Are these choices moving me toward or away from what I most value? Are they moving me away from or toward a life that fits me?

As I look back over my “Have to,” “Could do,” and “Let go of” lists since starting this process, what do they teach me about my life? Do I see any patterns? Am I willing to notice any small shifts that I have made?

When have my shadow comforts been most active? What about my time monsters?

What gifts have my life insights brought? What has remembering them given me or saved me?

I am grateful for:

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## *Week Thirteen*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What inspires me these days? How could I follow this inspiration, be shaped by its energy?

Body, what signals are you sending me that I need to pay attention to?

What do I resent these days?

What kind of self-nurturing would cultivate more self-trust in me?

How in touch with my heart have I been lately?

I forgive:

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## *Week Fourteen*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

How can I meet myself where I am today?

How can I connect deeply with something larger than me, larger than my needs, my agenda, my plans?

Where or when do I find myself focusing  
outside of myself, on what others think of me?

If I want to, I can nurture myself in a way that  
celebrates the current season by:

I praise myself for:

## *Week Fifteen*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

If I created my week with my body as my ally, taking into consideration its needs, I might. . .

.

Body, what pleasure do you crave?

How can I connect with someone today in an honest, utterly “me” way?

What simple practice could help me connect daily with my truest self?

What media experiences do I choose to take in this week? What media experiences do I choose to let go of?

I accept:



## *Week Sixteen*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What I am most committed to these days?

How am I fighting against or denying reality? Is this fight increasing my stress?

I've been honoring my minimum requirements lately by:

What gift could I offer to someone this week?

What inspiration am I hungry for?

I know:

## *Week Seventeen*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

If I were suddenly infused with twenty times more courage, what would I let myself know? What depth of desire might reveal itself?

How might allowing myself to remember that I am Divine, part of All That Is, help me rest this week, even in the midst of my busyness?

What role are shadow comforts and time monsters playing in my life these days?

What might change for me today if I found something to laugh at, or at least smile at, often?

How can I love myself with food this week?

I'm tolerating:

## *Week Eighteen*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

How much of my heart am I willing to shine out into the world?

What am I most afraid of or worried about these days?

What would help me soften toward one fear or worry right now?

What love and attention would I like to give to my financial life this week?

What pleasure could color bring to me?

I praise myself for:

## *Week Nineteen*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

Where am I in respect to this moment? Where am I in respect to me?

What do I choose to take responsibility for today? Perhaps something I've been blaming someone else for or avoiding noticing my part in?

I can tempt more breathing space and stillness  
into my life by . . .

What would it feel like to nurture someone I  
love this week by \_\_\_\_\_?

I'm grateful for:



## *Week Twenty*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

Source, I am ready to receive inspiration and guidance. What do I need to know?

As I consider the next few days, where do I automatically assume I *don't* have a choice in how I react, in what I do, say, and

think? Where do I automatically defer or shape myself to someone else's plan or needs? What would I like to change about my plans for the next few days now that I see the new choices that are open to me?

What sensual beauty calls to me?

What relationship needs my attention this week – that with a partner, a friend I haven't spoken to in forever, a co-worker, a child, a pet, Spirit, nature?

I love:

## *Week Twenty-One*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What makes me sing with joy and jump out of bed at 6 a.m.? What do I have to pull myself away from?

If I were pushing or forcing or getting ahead of what is unfolding naturally, it would probably be in the area of \_\_\_\_\_.

Are my shadow comforts and time monsters  
making it easy to forget I am loved and  
supported by Spirit?

Who am I being that allows others to shine?

One basic need I'll nurture this week is:

I trust:

## *Week Twenty-Two*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What would truly nourish me today?

Are my beliefs and private thoughts supporting me?

What one thought could I drop today?

What does my heart need this week?

What expression could my creativity exult in this week?

I giggle at:

## *Week Twenty-Three*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What might help me to live from the inside out in the next week?

How can I support myself in making choices from my heart?

How could sound offer me sustenance this week?

Body, are you sending me any whispers, intuitions, or twinges that I'm ignoring? If so, what message are you trying to give me?

I'm tolerating:



## *Week Twenty-Four*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What do my actions and choices over the last three months or so reveal about what's most important to me?

What and whom have I trusted in the last three months or so? How has faith in my deepest experiences made my life brighter or easier?

When I look back over my “Have to,” “Could do,” “Let go of” lists for the last months and compare them to the lists of the months before that, what shifts do I see? What feels different?

What one shadow comfort or time monster am I ready to accept as part of me, for right now? What one thing am I ready to stop making excuses for, to stop feeling guilty about, and to gently embrace?

How has remembering my life insights changed the choices I’ve made or the reactions I’ve had?

I’m grateful for:

## *Week Twenty-Five*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What or who have I been envious of lately?

What could I set right, forgive, or finish, that would allow me to connect with my love of life today?

How have I started and ended my days in the last month? Does this help me set the tone for my day in a way I like, and do I have time to rest, reflect, or nurture myself at the end of some days?

What happens when I want something but I can't have it?

I celebrate:

## *Week Twenty-Six*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What part of my life, body, or emotions wants my attention? What do I wish to cherish and pay attention to?

What request do I need to make, and of whom do I need to make it?

Today, I am going to make my eating or exercise choices from a place of “How can I cherish myself more?” and that may mean that I . . .

How are my thoughts and private conversations supporting what I want to create in the world?

I’m ready to let go of:

## *Week Twenty-Seven*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

How do I want to feel this week?

What does my body need to create the life I desire?

How might I choose to have an impact on my world this week?

What would help me love and accept the things I have to do this week?

I savor:



## ***Week Twenty-Eight***

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What is life calling forth from me this week?  
Do my four to six life focuses fit with where  
my passion wants to flow?

What basic need or minimum requirement of  
mine could use a little loving attention? Have I  
been forgetting something I need to be myself?

What life insight could make my life easier  
these days?

What olfactory delights might nurture me?

If I choose to share joy with another person  
this week, I might . . .

I believe:

## ***Week Twenty-Nine***

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What is beautiful, satisfying, filled with love, and blessed with grace about my life right now?

When I consider the next few days, where would I automatically assume I *can't* – can't love myself, can't get something done, can't find the time, can't accept something?

How, if at all, are shadow comforts and time monsters making noise in my life?

What one thing might I do this week, if it feels right, to make someone's life easier?

What physical organization does my life need this week?

I trust:

## *Week Thirty*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

How can I support myself in becoming the person I most want to be?

What part of me needs attention this week?

What have I been giving to someone or something that I no longer want to give?

What do my surroundings reveal about me?

I'm ready to celebrate:

## ***Week Thirty-One***

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What do I want to accomplish this week?

What thoughts might support me in enjoying my week?

What love can I share this week?

What is the next doable step I could take this week to bring me into greater alignment with my financial wellbeing?

What is feeling less than clear or vibrant in my body? Are there any aches or twinges? Is there any dull or chronic pain I'd like to listen to and take care of?

I surrender to:



## *Week Thirty-Two*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What do I need most this week?

How active are the *shoulds* in my life these days?

What desire of mine could I share with someone I love?

What would my creative self like this week?

Where am I telling myself I must be different (smarter, kinder, faster, more organized) than I currently am? In what area of my life am I critical of how I'm showing up?

I'm ready to receive:

## *Week Thirty-Three*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

As I see my life as an act of devotion to Spirit, what am I drawn to do, create, or be?

What projects, relationships, boondoggles, if any, are currently weighing on me?

What is the next doable step I need to take in one of these situations or projects?

How could a nap or a mini-retreat help me be true to myself this week?

What creative treat or spiritual connection could replace an outmoded shadow comfort or time monster or simply something I'm bored with?

I am deserving of:

## *Week Thirty-Four*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What brings me joy? How do I want that joy to express itself in my life today? This week?

What or who is giving me energy these days?

What quality would I like to call in from the Divine or nature this week?

What could I choose to do that might help to heal someone in my community?

What shall I do for fun, silliness, laughing until I pee in my pants this week?

I love:

## *Week Thirty-Five*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What is the relationship between health and self-love for me right now?

What small act of self-kindness could help me love myself more in my relationship to money?

What resources do I need to call upon this week to take action on a dream?

What does it mean for me to be healthy?

I'm itching to:



## *Week Thirty-Six*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What have I been creating in the last three months?

When I look back over my “Have to,” “Could do,” “Let go of” lists for the last three months and compare them to my to-do lists before that, what shifts do I notice?

As I look back, when have my shadow comforts been most active? What about my time monsters?

How has remembering my life insights helped me? Is it time to add new ones to the list or to rewrite any of the existing insights?

What direction is my life headed in these days? If I were a poet, how might I sum up where I'm going?

I am honored to:

## *Week Thirty-Seven*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What small shift in my thinking might make this week easier and more delightful?

What personal limit I am denying or pushing against?

What gift can I effortlessly reveal in the coming days?

What act of self-kindness would strengthen me this week?

What one small detail, if I addressed it, would make my daily life easier?

I love:

## *Week Thirty-Eight*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What is one fear, anxiety, or uncomfortable place in my life right now? What is it stopping me from doing, feeling, or being?

If I were somebody who could achieve \_\_\_\_\_ (whatever the fear or anxiety is stopping you from doing), what would I be able to do?

What media experiences have I been imbibing lately? What media experiences would it be nurturing to let go of?

What personal grooming habit am I ready to let go of?

If there were something I needed to grieve, it might be . . .

I've always wanted to:

## *Week Thirty-Nine*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What would help me go with the flow of life this week?

How can I nurture my body so that I am taking care of myself in sync with the season?

What is hanging on the edge of my  
consciousness that I'm ready to be aware of?

What am I willing to celebrate about myself  
this week? To notice and applaud?

When will I be in nature this week?

I accept:



## ***Week Forty***

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

How often am I meeting my minimum requirements?

How do I like to nurture myself? What truly feeds and replenishes me?

I've been forgetting a life insight lately, and  
the way I'd like to remember it is by

\_\_\_\_\_.

How do I choose to spend my time this week?  
Who do I choose to spend my time  
with? Again, think about your choices.

I praise myself for:

## *Week Forty-One*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What would I choose to do this week if I remembered that I am a quirky, fabulous, utterly unique and perfect as I am?

My mood lately has been . . .

Is pushing, forcing, striving, or doing excessively for others present in my life these days? If so, is that okay with me?

What would nurture my soul this week?

What self-nurturing could I share with someone I love?

I savor:

## *Week Forty-Two*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What is beckoning to me these days?

What doable step could I take to explore this call?

To paraphrase Mary Oliver, what would help  
me love the soft animal of my body today?

What shadow comforts or time monsters are  
no longer serving me?

Who could I see as holy today? Who could I  
greet as a part of the light within us all?

I tolerate:

## *Week Forty-Three*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What area of my life or what role (as partner, business owner, artist, mother, caretaker, chauffeur) could benefit from loving acceptance and nourishing attention this week?

Would one of my minimum requirements help me flow between areas of my life with more grace?

What secret grace might I offer the world this week?

Is there someone in my life with whom I'd like to be closer?

What one small change would I love to make in what or how I eat this week?

I'm ready to receive:



## *Week Forty-Four*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What quality would I most like to share with, offer to, and beam out into the world today?

What fosters contentment in my life? What, if anything, nudges me toward discontent?

What is bugging me, or pushing me, or making me feel off-kilter?

When was the last time I laughed at the absurdity of life?

I'm enjoying:

## *Week Forty-Five*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What would I do differently this week if I was willing to hang out in the gap between what I want and where I am?

What self-nurturing activities might increase my courage to be in the gap?

What do I find myself complaining about lately? What do I say I don't have time or energy for?

If I decided to choose one life insight to guide my week, I would choose:

If I decided to forgive myself for something this week, I would choose:

I tolerate:

## ***Week Forty-Six***

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What *one* area of my life do I wish to focus on and nurture this week?

If I planned my week with an attitude of play and ease, I would choose to . . .

What am I mulling over these days?

If I opened my heart and connected with someone in my life this week, I would . . .

I respect:

## *Week Forty-Seven*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What wants to be at the heart of my life today?

What choices could I make today to create an exquisite, magnificent, sparkling-with-life week?

What, if anything, needs emotional healing in my soul right now? What needs gentle attention?

If I finished \_\_\_\_\_, it would be very self-nurturing.

I honor myself for:



## *Week Forty-Eight*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

When I spend time with or work with \_\_\_\_\_, I feel enlivened. I'd like to deepen that relationship by . . .

What do I most want to embrace about myself or someone this week?

The quality I'd like to invite into my life from the Divine is \_\_\_\_\_, and will I invite this quality in by\_\_\_\_\_.

I want to play with:

One small step I am willing to take toward my financial well-being this week is:

I'm truly enjoying:

## *Week Forty-Nine*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

Where does my energy want to flow this week?

What is falling through the cracks of my life these days?

What have I allowed myself to receive lately?

How have I been talking to myself recently?

If I had to think of a relationship that I'm ready to take some time away from or let go of, the one that would come to mind is

\_\_\_\_\_.

I praise:

## *Week Fifty*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

How could I live this week as if I believed I was enough?

What might I risk today in service to love?

What loving choices could I make about food this week?

I want to connect with another amazing human being by:

One small to-do that has been hanging over my head and making me feel icky is \_\_\_\_\_. I guesstimate taking care of this would take \_\_\_\_\_ (amount of time).

I'm grateful for:

## *Week Fifty-One*

### **Intention:**

### **Let go of:**

### **Have to:**

### **Could do:**

What message have I been sending the universe through my actions, thoughts, words and moods? Is it in alignment with what I most value, love, and hold dear?

What life insight could help me with any current challenges?

What about my actions, choices, and attitudes  
this year makes me proud?

How can I rest in being enough today?

I am deserving of:



## *Week Fifty-Two*

### **Intention:**

**Let go of:**

**Have to:**

**Could do:**

What gift do I give to the world each day?

What could I do to acknowledge my gift?

What is my story about the value of this gift?  
Does this story make it easier or harder for me  
to offer my gift?

What do I wish to remember about this gift as  
I go forward?

How do I wish to share this gift in the near  
future?

I wholeheartedly praise myself for: