

Mindfulness, the game (Quick Reference)

a solo journaling game about being mindful

Dedicated to: JoDee, for everything.

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Updated by: KemoNine

Agitation (optional): three instances

Prompting: d6 / d8 / coin

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Version: 0.3-kmn-1

0: heads / **1:** tails

Prompts

1. 000 - Who?
2. 010 - What?
3. 110 - Where?
4. 001 - When?
5. 101 - Why?
6. 011 - How?
7. 111 - Free explore / re-prompt
8. 000 - Re-prompt