

## Mindfulness, the game (Quick Reference)

*a solo journaling game about being mindful*

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**Dedicated to:** JoDee, for everything.

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**Version:** 0.3-kmn-1

**Updated by:** KemoNine

**Agitation (optional):** three instances

**Prompting:** d6 / d8 / coin

**0:** heads / **1:** tails

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### 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