Mindfulness Journal

01 How Are You, Really?

Take a moment to notice your emotions today.



I feel positive



I'm okay



I'm having a difficult moment



I'm feeling challenged



I feel overwhelmed

02 PERSONAL REFLECTION

- What's been taking up my thoughts lately?

- What has been affecting my energy?

- What little moments have made me happy recently?

- What would I like to invite more into my life?

- What is something I need to release?

03 DAILY CHECK-IN

Take a moment to care for yourself today.

- I had enough rest ○
- I chose nourishing meals ○
- I moved and cared for my body ○
- I drank enough water ○
- I gave myself time to pause ○
- I practiced self-kindness ○

04 TODAY, I WANT TO...

- Treat myself with kindness by

- Put my energy into

- Release or leave behind

05 GRATITUDE

Write down two things that brought gratitude today.

1.

2.

06 REMINDER