




YOUR JOURNEY

EVERYONE HAS THEIR OWN JOURNEY

MIND FUL NESS

Journal

www.yourjourney.today

The image features a central green paper note with a torn edge and a small piece of tape at the top. The note contains the text "be mindful in all things" in a white, sans-serif font. The background is white and decorated with stylized floral illustrations in shades of green, brown, and red. A wavy line runs vertically through the center, and there are several circular floral motifs scattered around the note.

be mindful in
all things



REST
YOUR
MIND

This Journal Belongs to:



Self Awareness

Use the prompts to discover your TRUE SELF.

WHO AM I?

How I behave and appear to others in my everyday life:

How I behave in my personal life when I am alone or around loved ones:

Behaviors and habits I have due to past memories, experiences and beliefs:

My deepest fears, feelings, hopes and dreams:

Creative Space

Use this space to EXPRESS YOURSELF and release negative thoughts and emotions.



Vision Board

Think of ways you can be MINDFUL and PRESENT:



MEDITATE

YO
GA

breathe in nature

Mindfulness Tracker

Practice DAILY MINDFULNESS and use the log to record your mindful experiences.



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

DAY 31

DAY 32

DAY 33

DAY 34

DAY 35

DAY 36

DAY 37

DAY 38

DAY 39

DAY 40

DAY 41

DAY 42

DAY 43

DAY 44




DAY 45

Reflections:

Date: _____

Be present, here and now

Today, I am GRATEFUL for:

		
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My INTENTIONS for today:

*let go and trust
THE UNIVERSE*

My MIND feels:

I can:

SEE...

HEAR...

TOUCH...

SMELL...

TASTE...

My BODY feels:



Today's MINDFULNESS practices:

- ★
- ★
- ★
- ★

My INTENTIONS for tomorrow:

Today's thoughts and reflections

Reflect on ways and moments that you were MINDFUL today.



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BREATHE IN ✦ BREATHE OUT ✦ LET GO

THE ANSWER IS ALREADY WITHIN YOU

Date: _____

Journal

BREATHE IN ✦ BREATHE OUT ✦ LET GO

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BREATHE IN ✦ BREATHE OUT ✦ LET GO

