

MIND FUL NESS Journal

www.yourjourney.today

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:

aviors and hables 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.







Think of ways you can be MINDFUL and PRESENT:





AEDITA I

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	Reflectio	ns:		



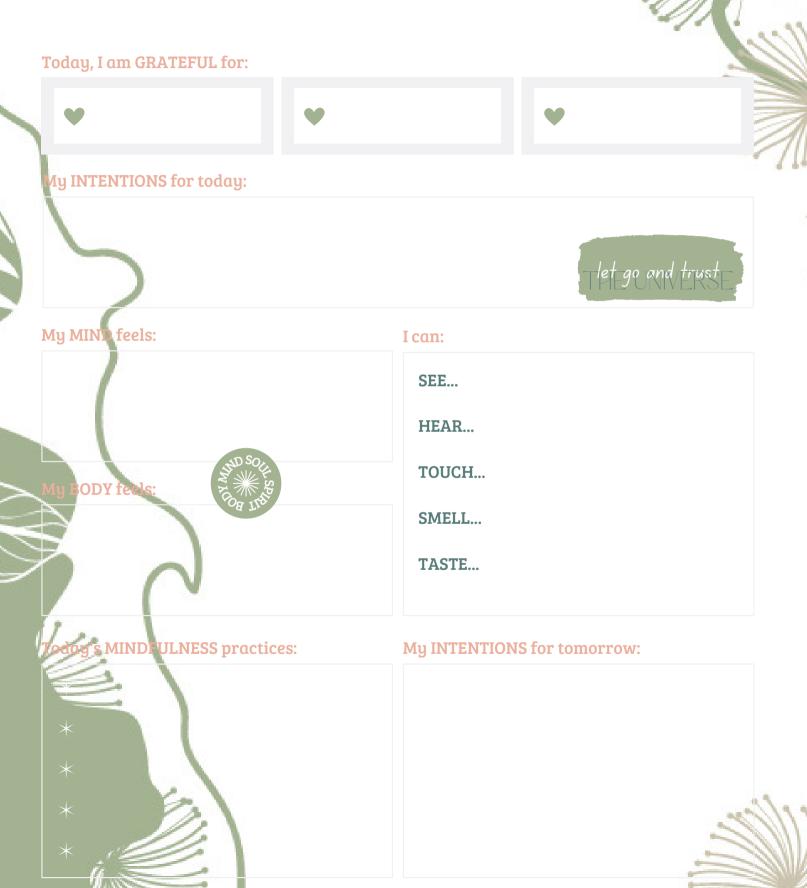
Reflect on ways and moments that you were MINDFUL today.











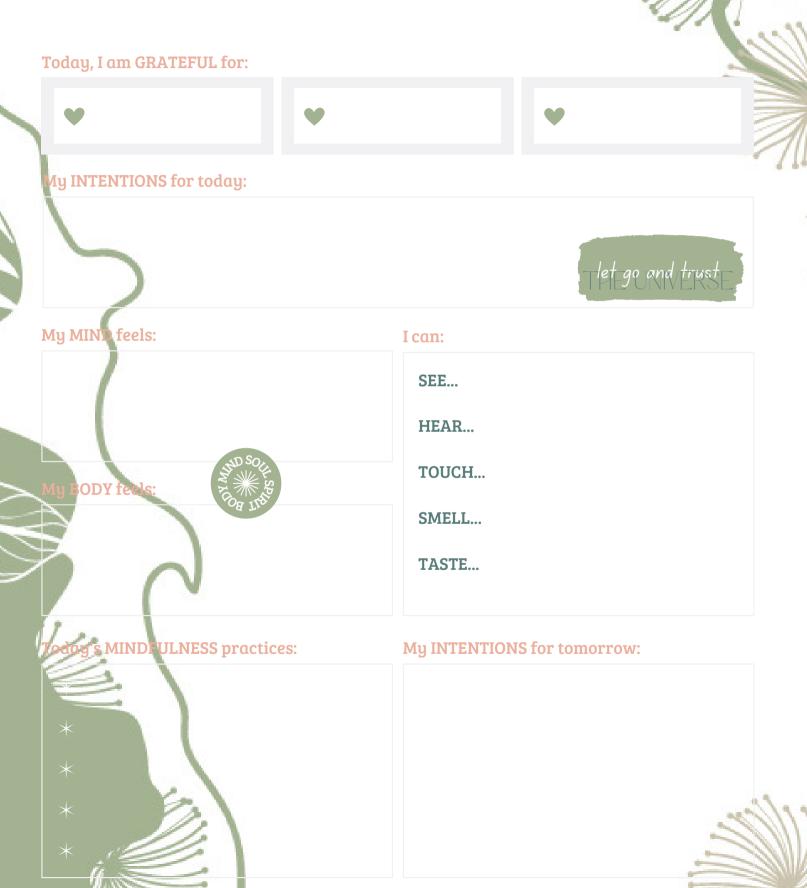
Reflect on ways and moments that you were MINDFUL today.











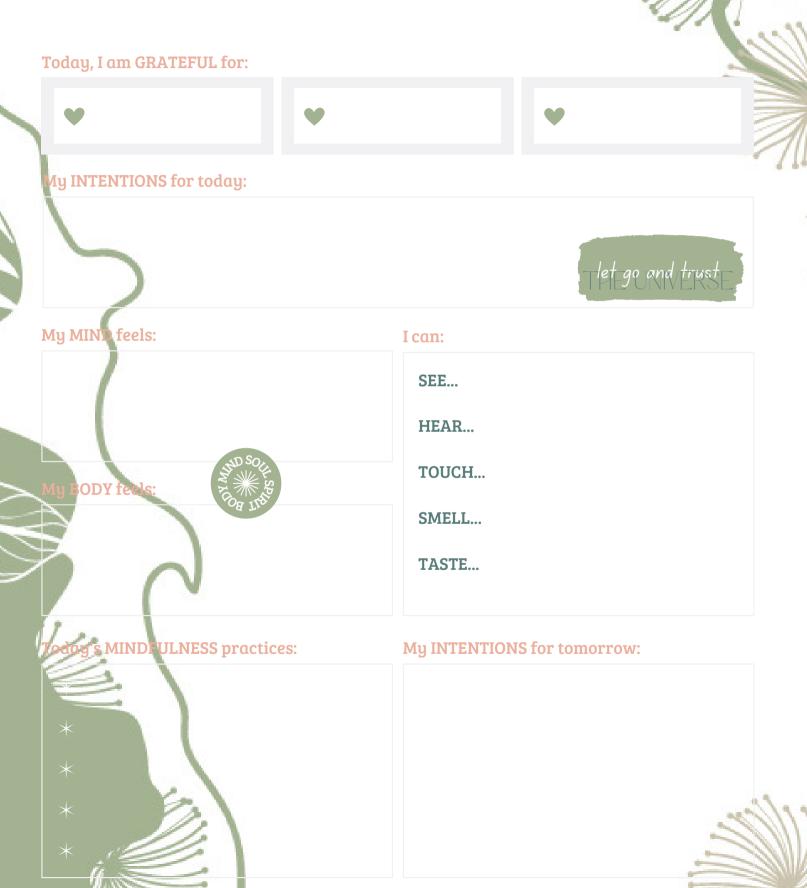
Reflect on ways and moments that you were MINDFUL today.











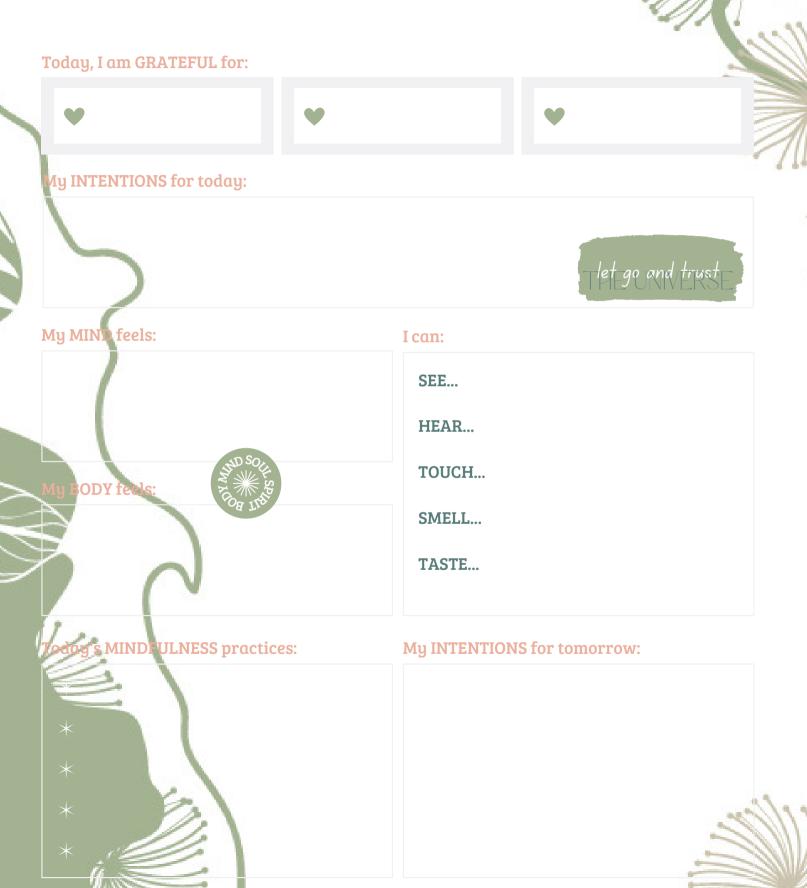
Reflect on ways and moments that you were MINDFUL today.











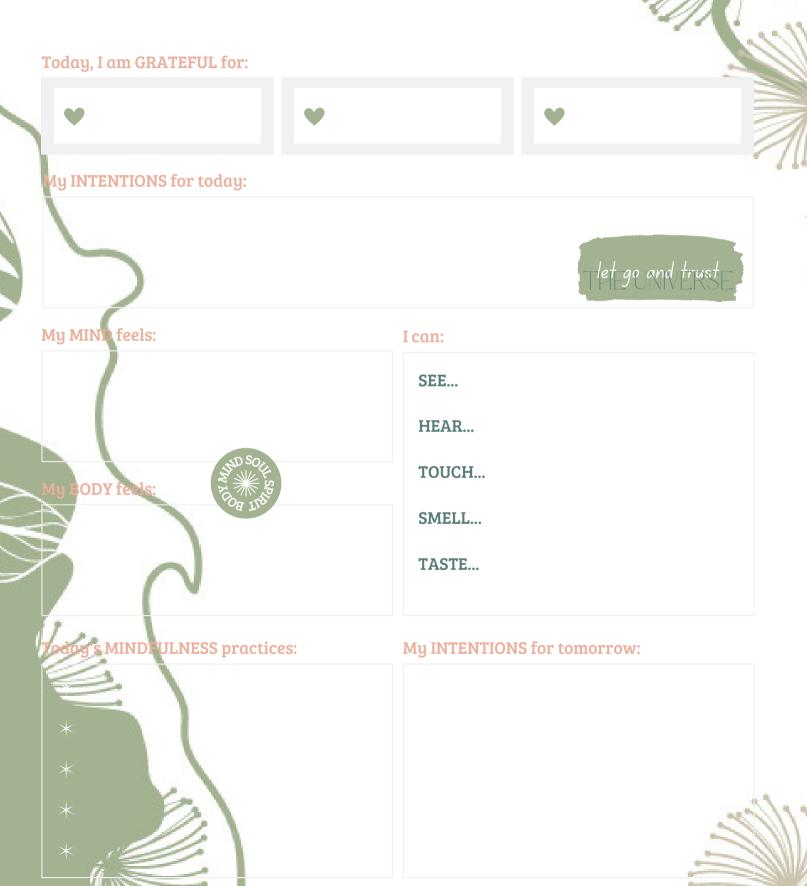
Reflect on ways and moments that you were MINDFUL today.











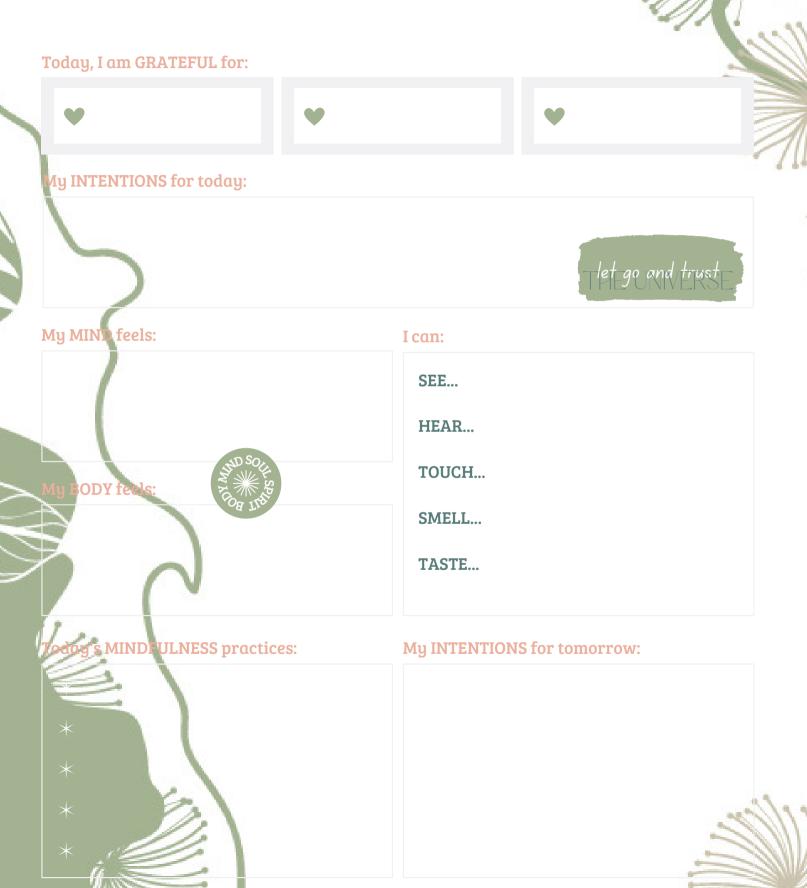
Reflect on ways and moments that you were MINDFUL today.











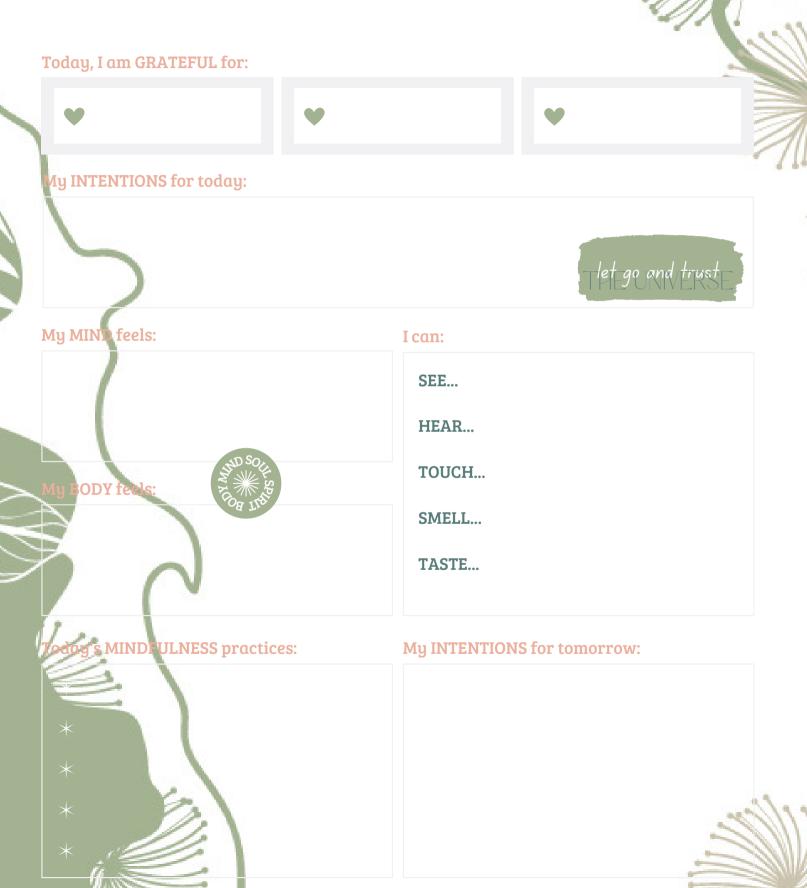
Reflect on ways and moments that you were MINDFUL today.











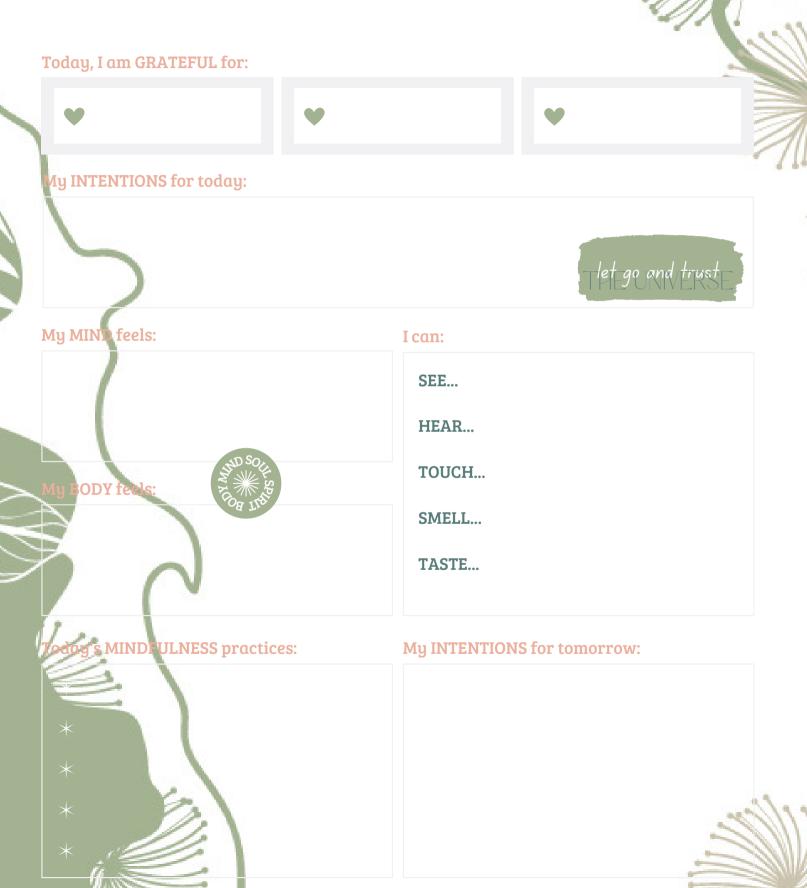
Reflect on ways and moments that you were MINDFUL today.











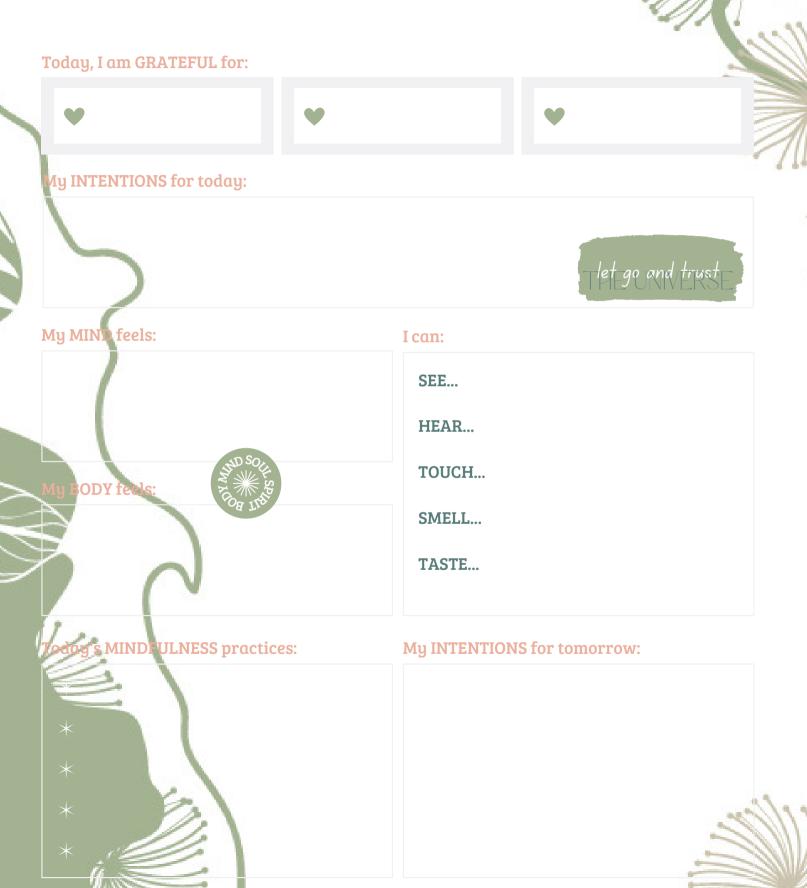
Reflect on ways and moments that you were MINDFUL today.











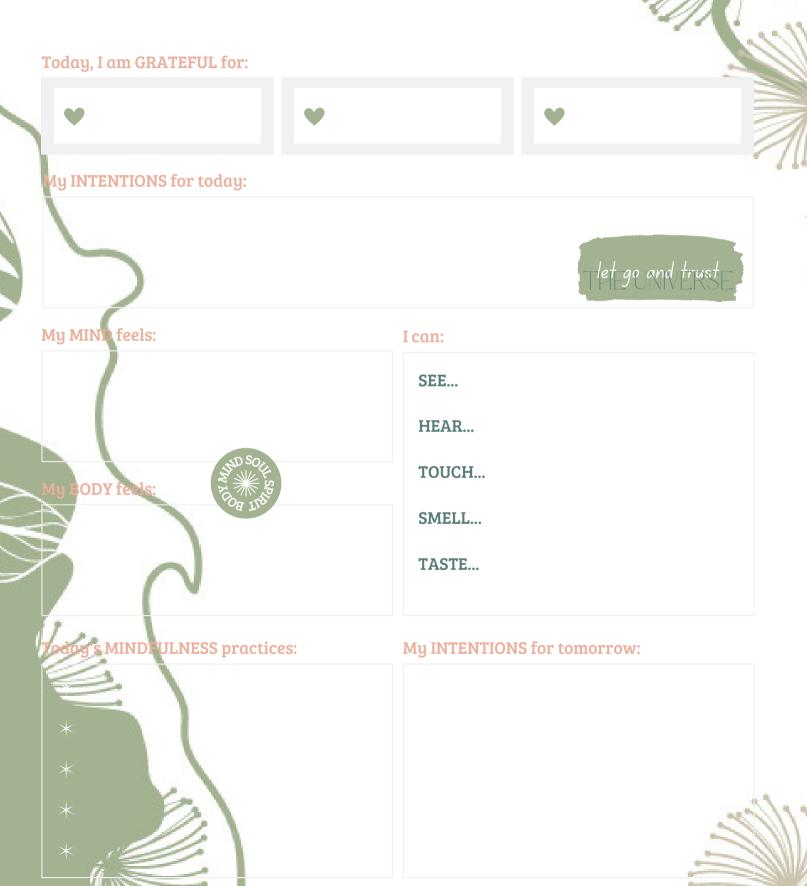
Reflect on ways and moments that you were MINDFUL today.











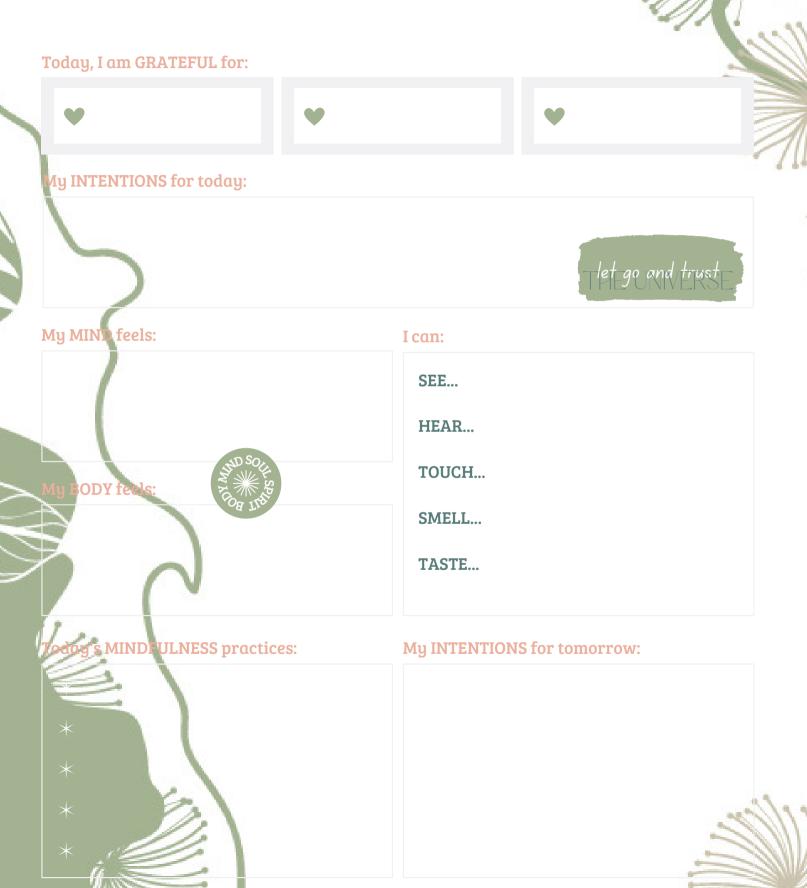
Reflect on ways and moments that you were MINDFUL today.











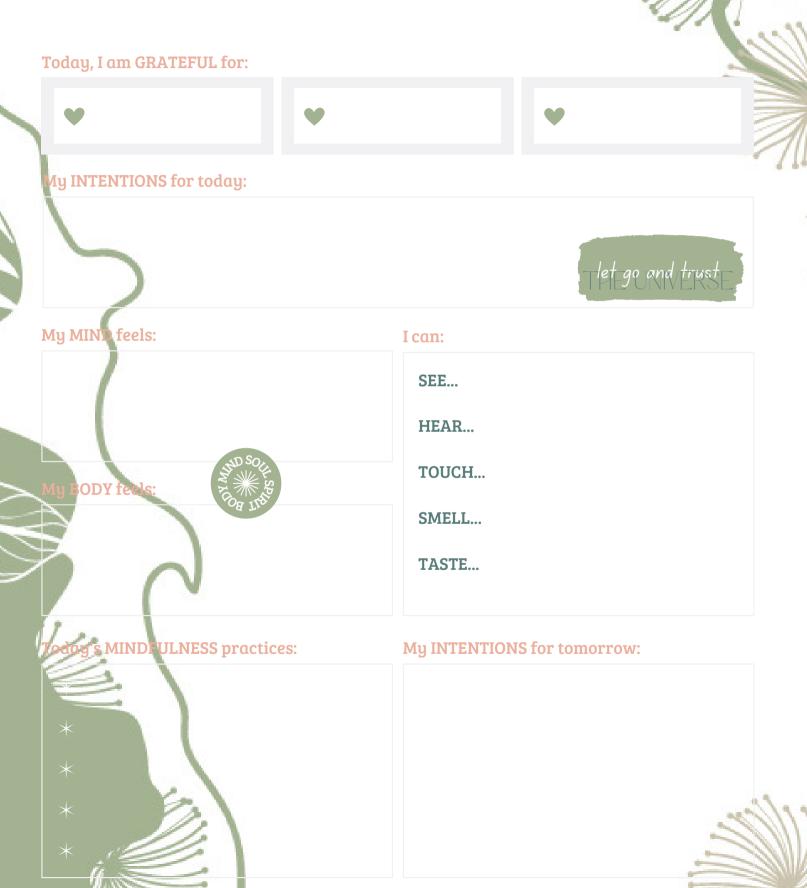
Reflect on ways and moments that you were MINDFUL today.











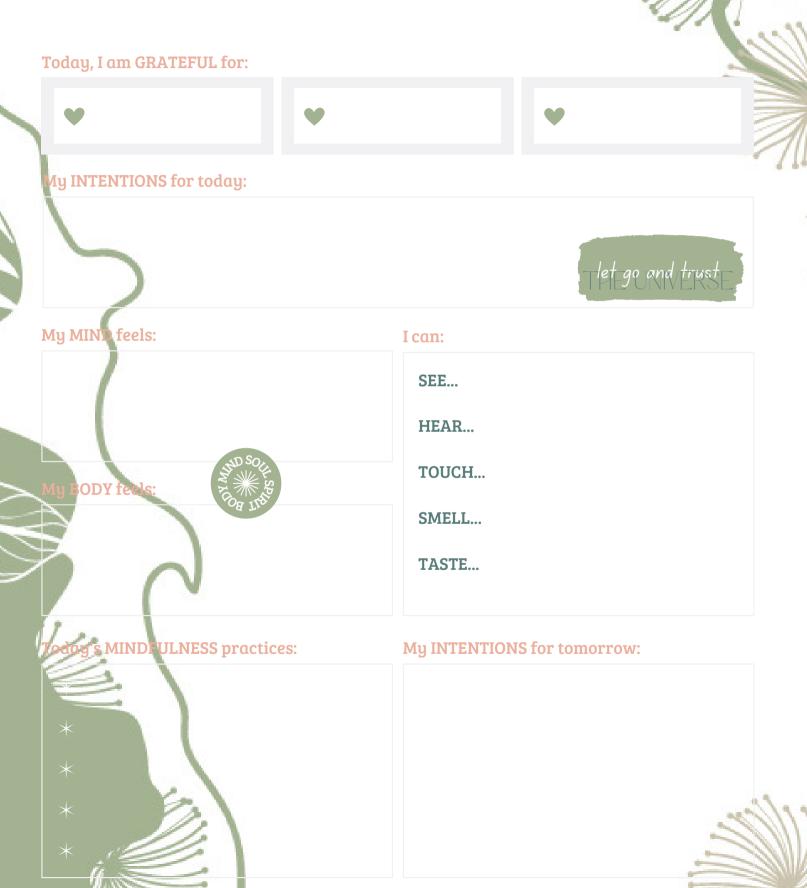
Reflect on ways and moments that you were MINDFUL today.











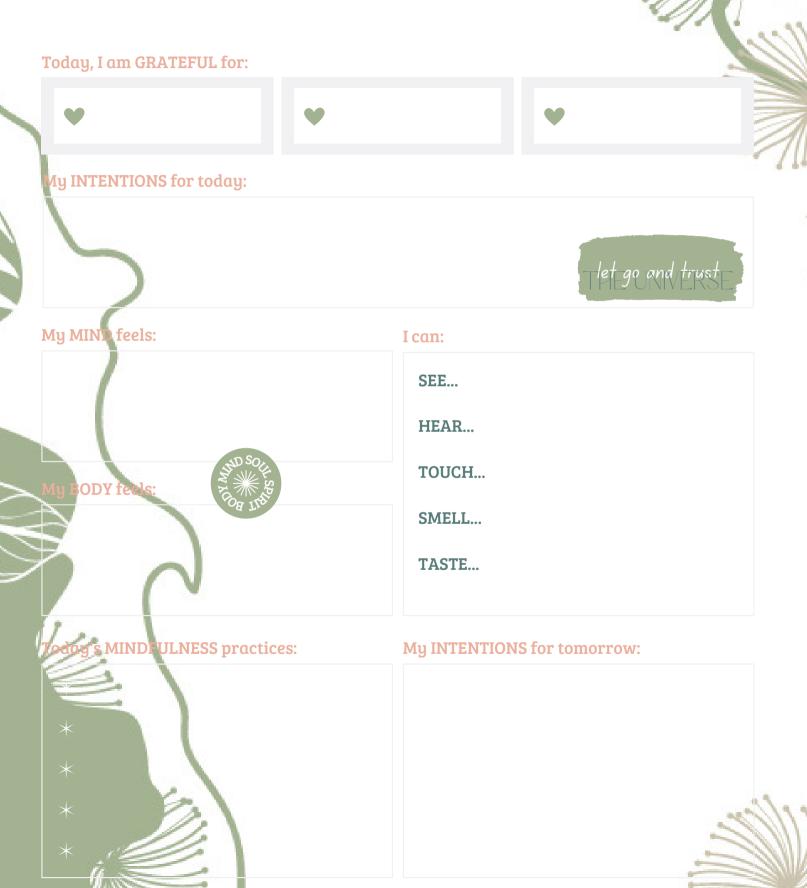
Reflect on ways and moments that you were MINDFUL today.











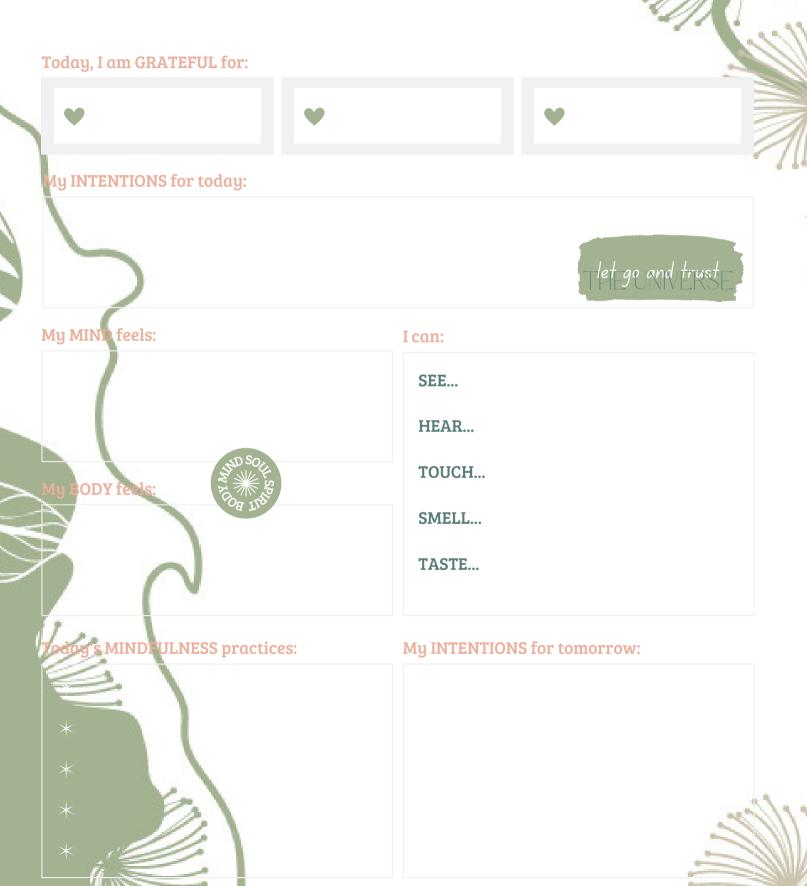
Reflect on ways and moments that you were MINDFUL today.











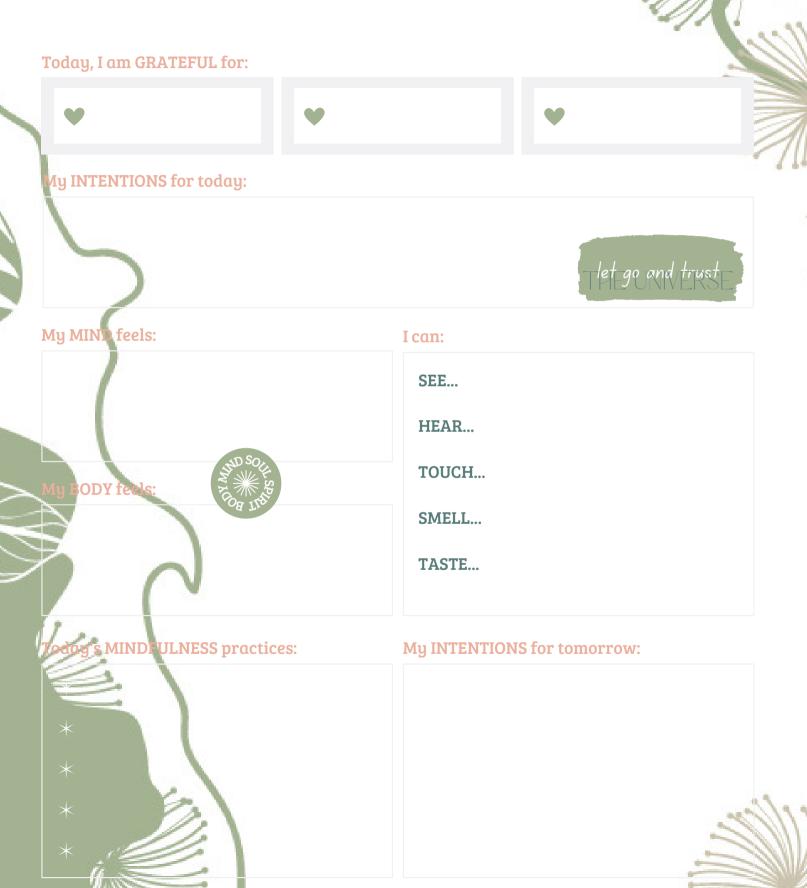
Reflect on ways and moments that you were MINDFUL today.











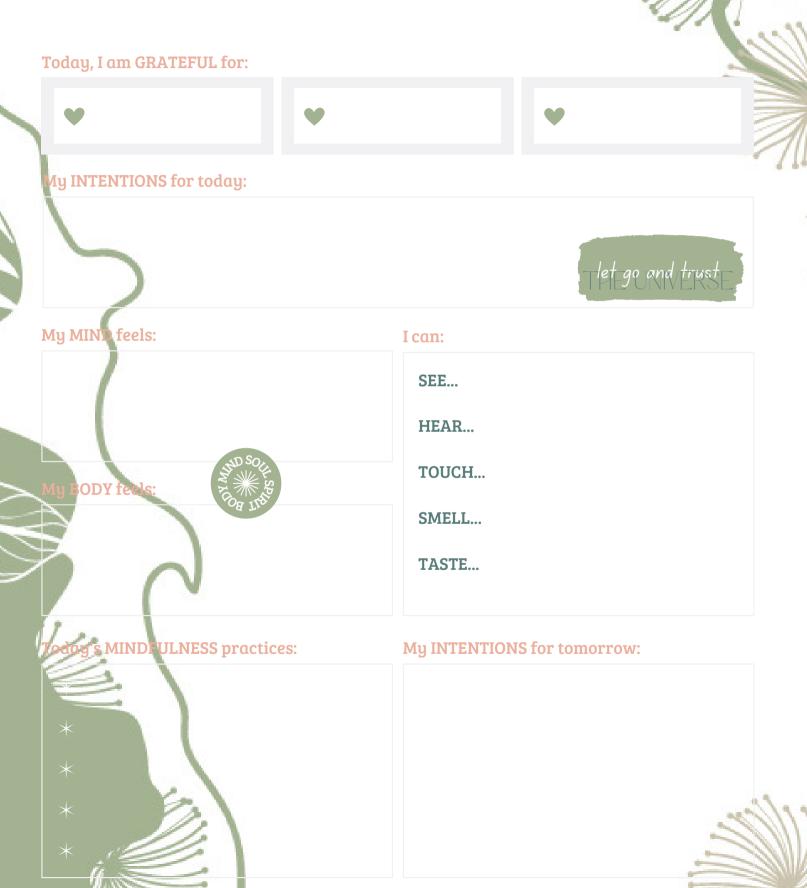
Reflect on ways and moments that you were MINDFUL today.











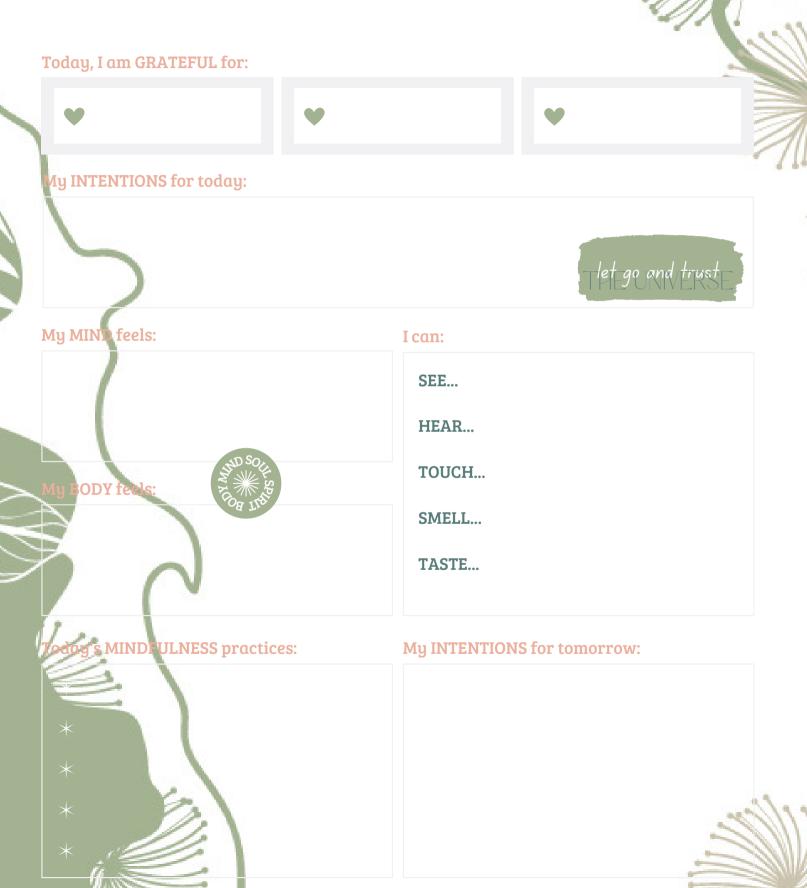
Reflect on ways and moments that you were MINDFUL today.











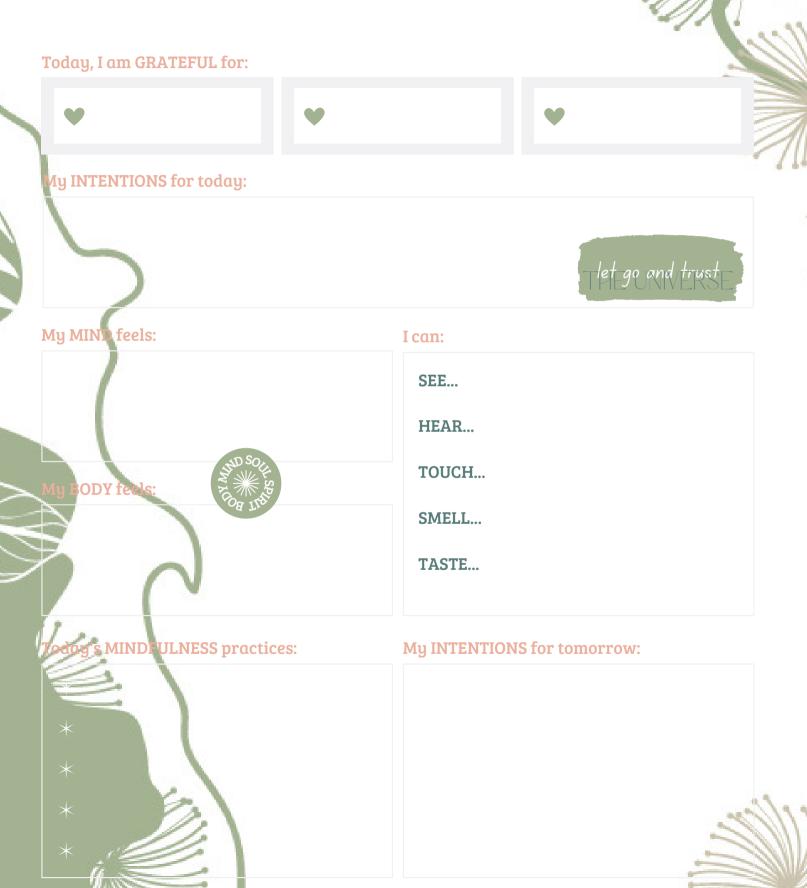
Reflect on ways and moments that you were MINDFUL today.











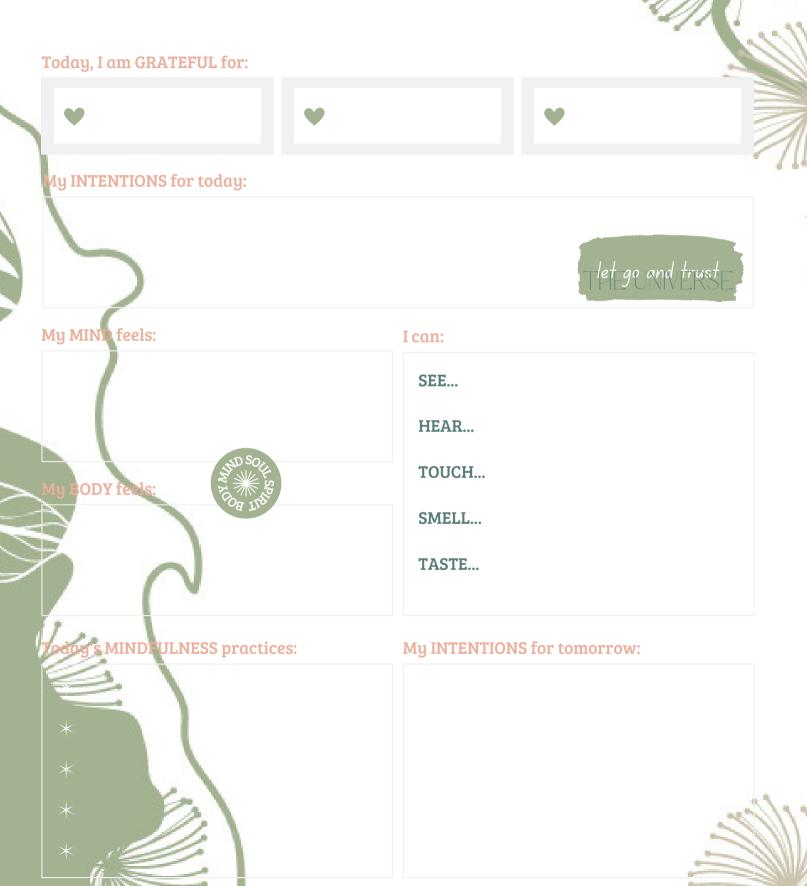
Reflect on ways and moments that you were MINDFUL today.











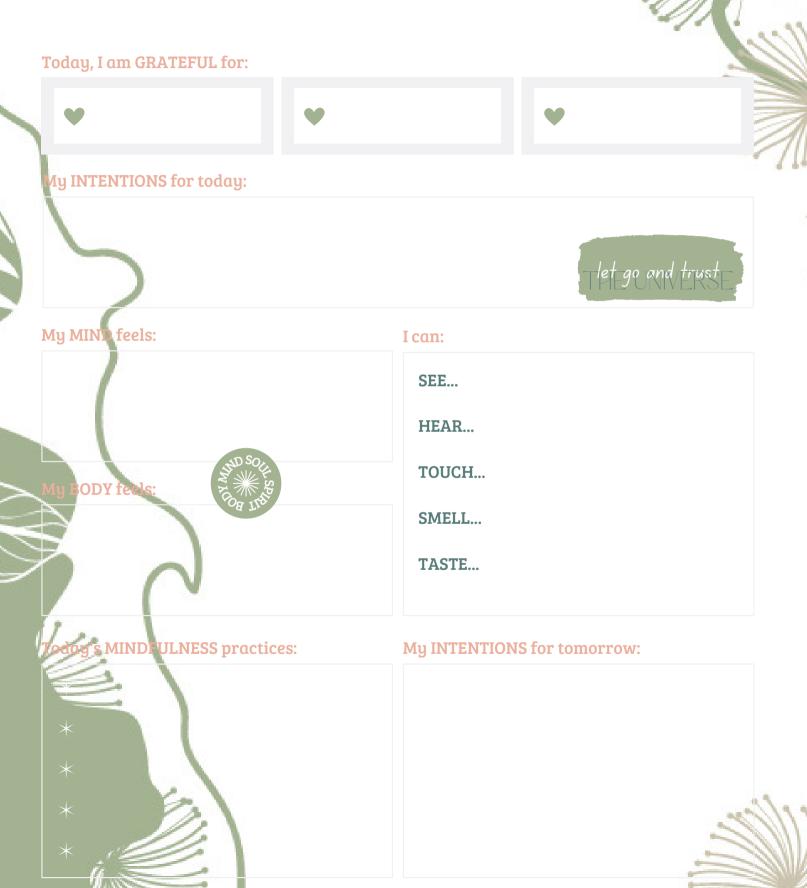
Reflect on ways and moments that you were MINDFUL today.











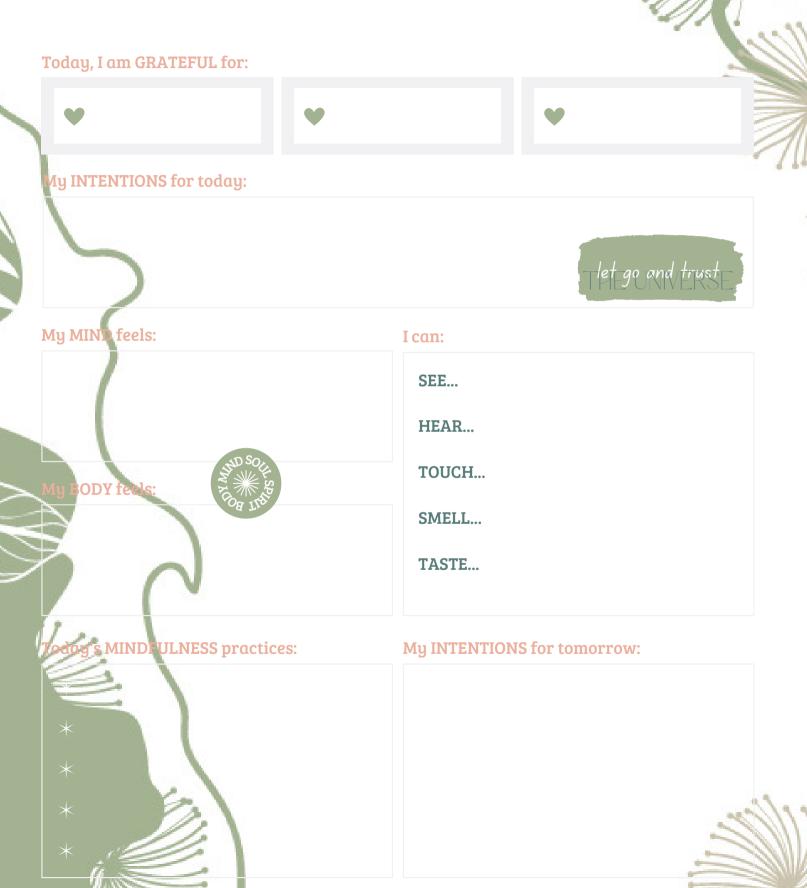
Reflect on ways and moments that you were MINDFUL today.











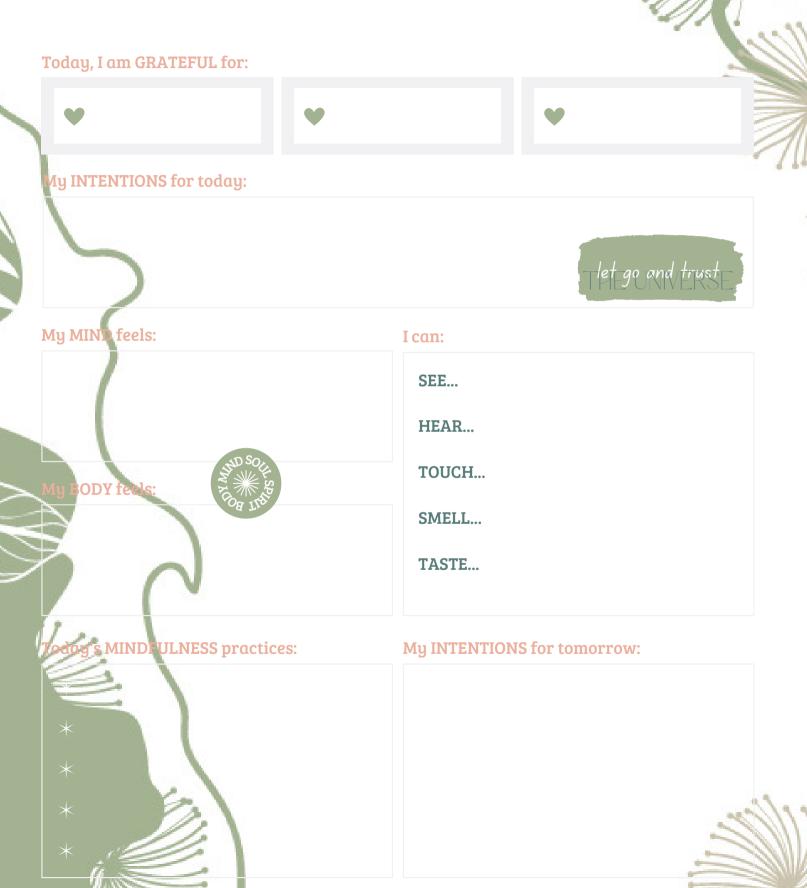
Reflect on ways and moments that you were MINDFUL today.











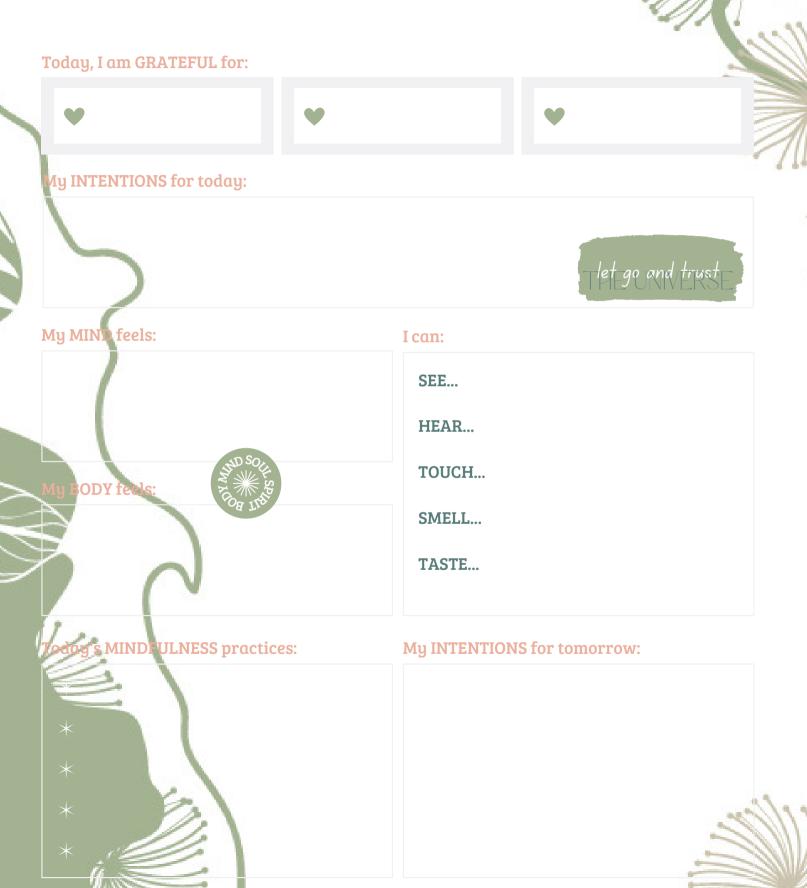
Reflect on ways and moments that you were MINDFUL today.











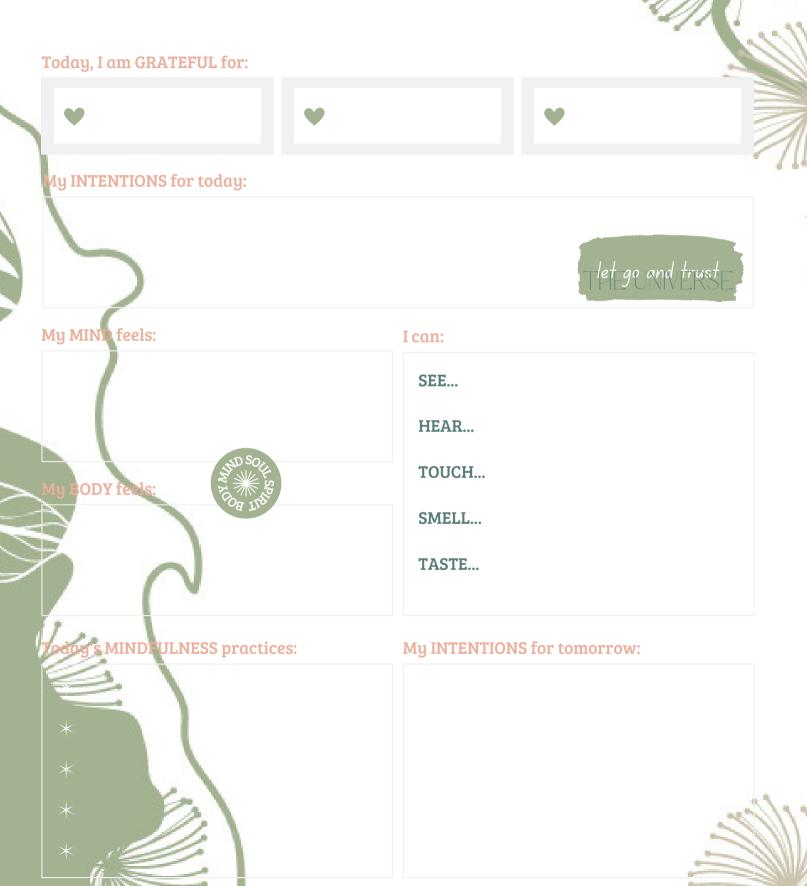
Reflect on ways and moments that you were MINDFUL today.











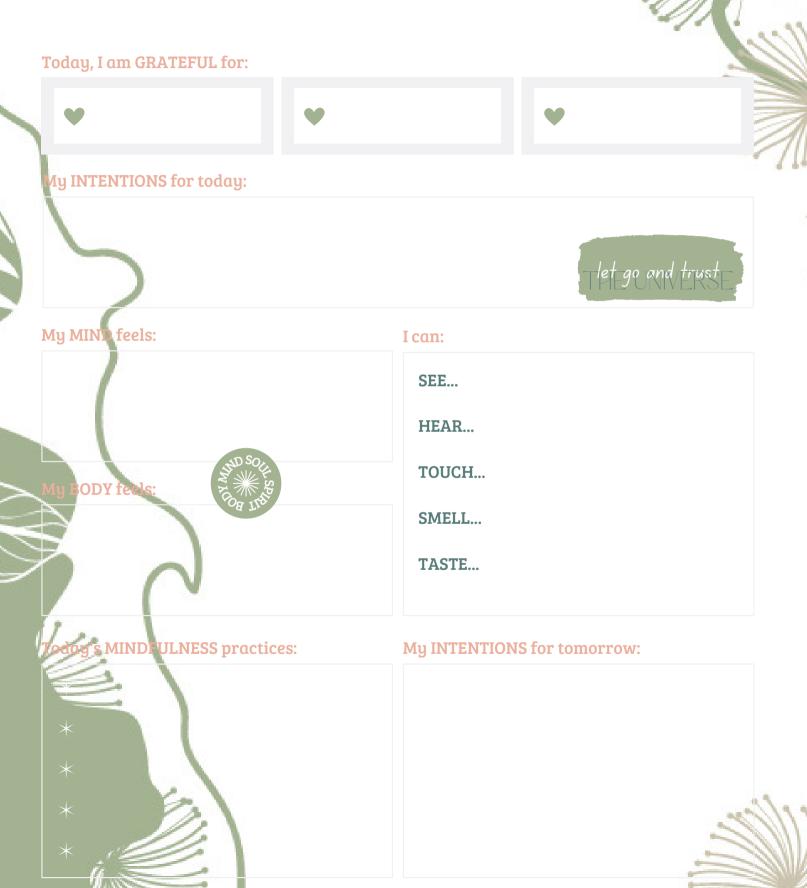
Reflect on ways and moments that you were MINDFUL today.











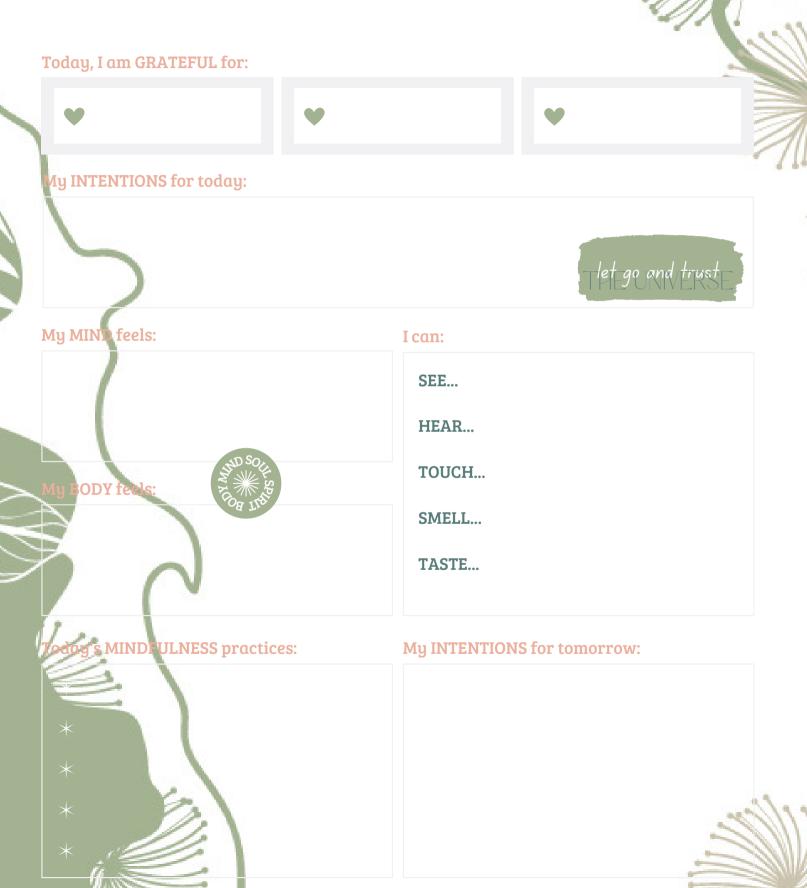
Reflect on ways and moments that you were MINDFUL today.











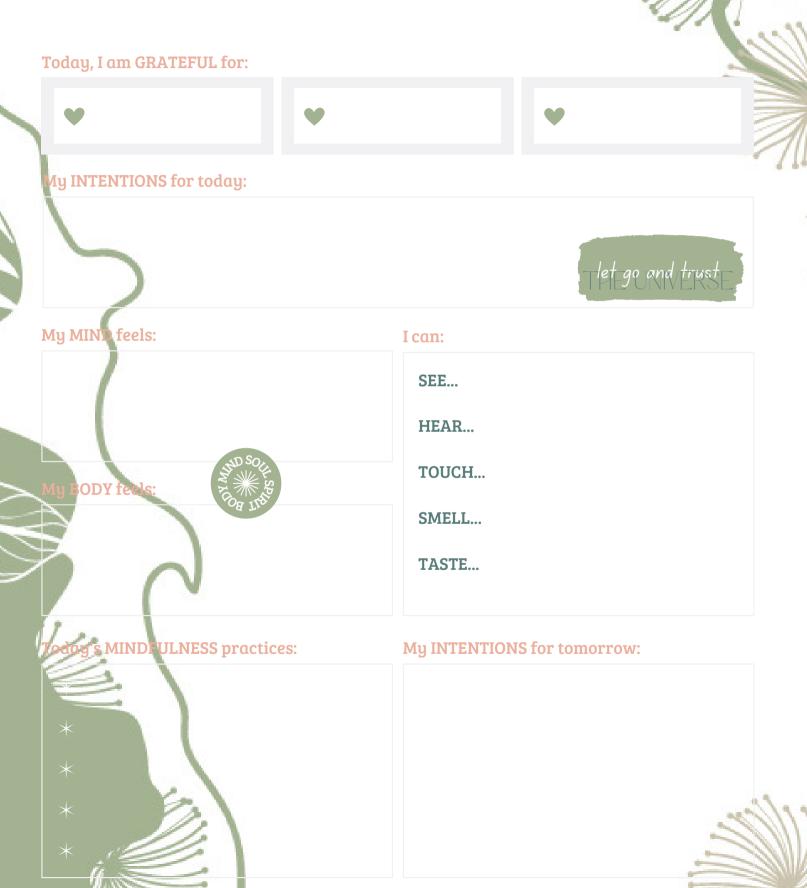
Reflect on ways and moments that you were MINDFUL today.











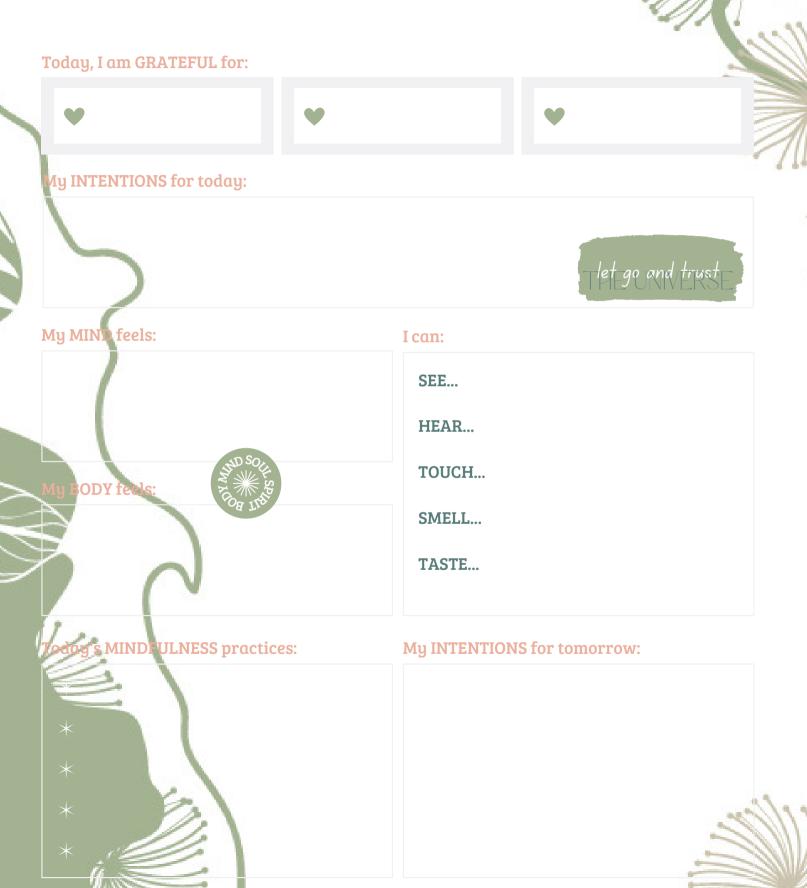
Reflect on ways and moments that you were MINDFUL today.











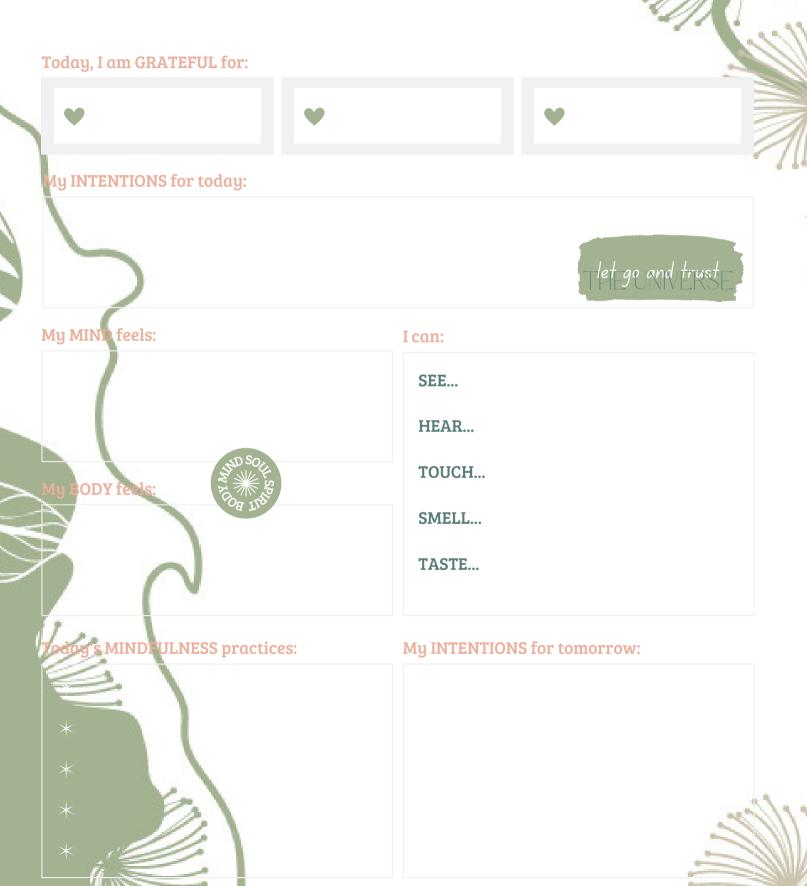
Reflect on ways and moments that you were MINDFUL today.











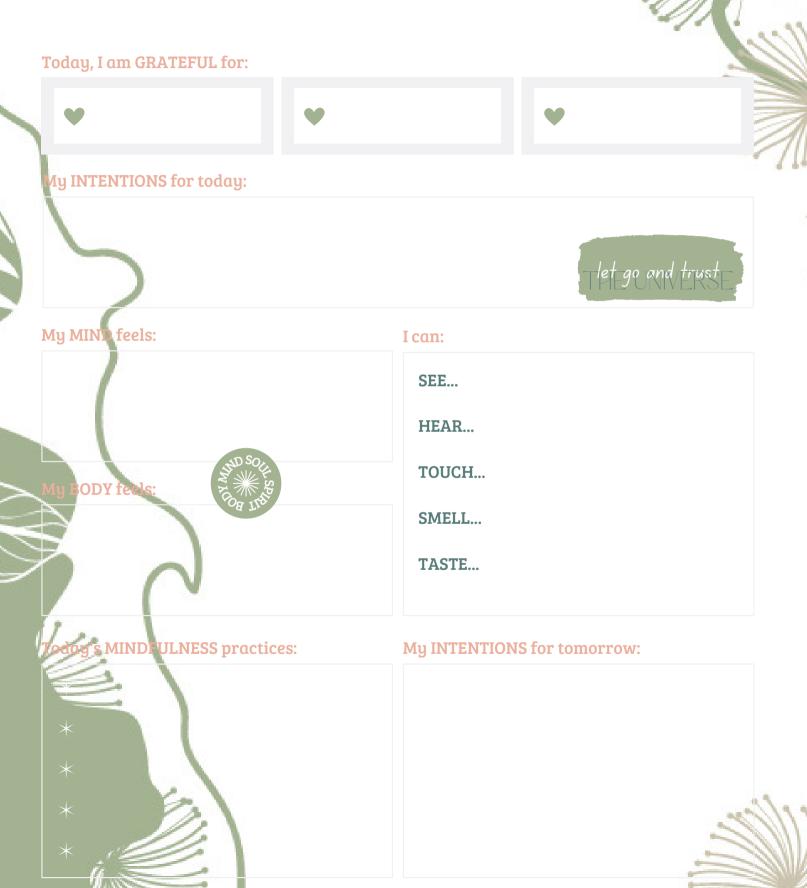
Reflect on ways and moments that you were MINDFUL today.











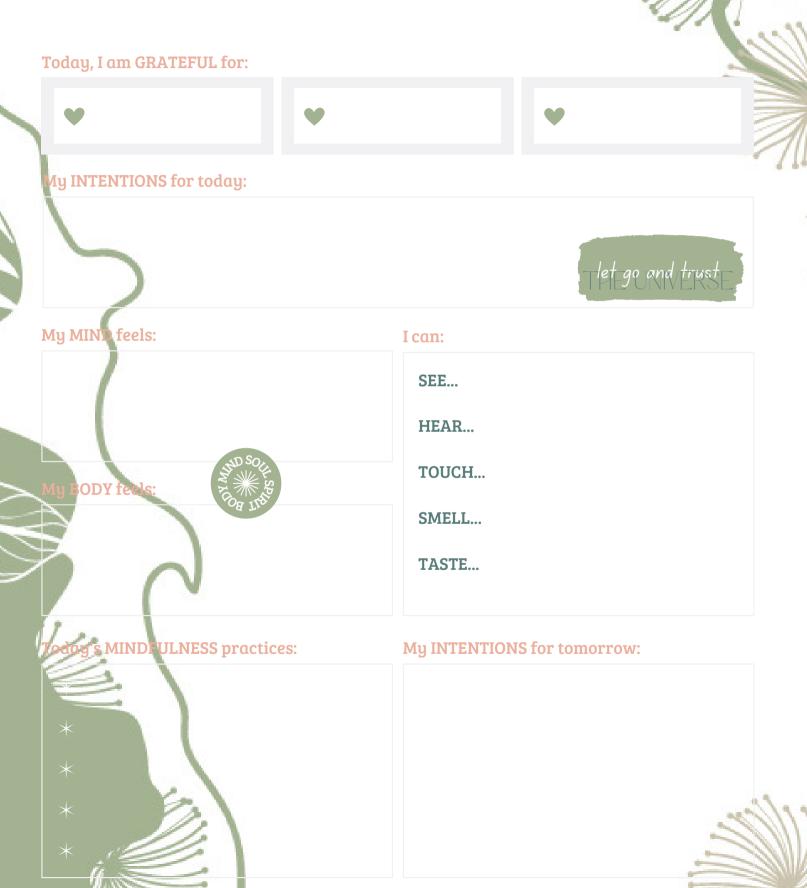
Reflect on ways and moments that you were MINDFUL today.











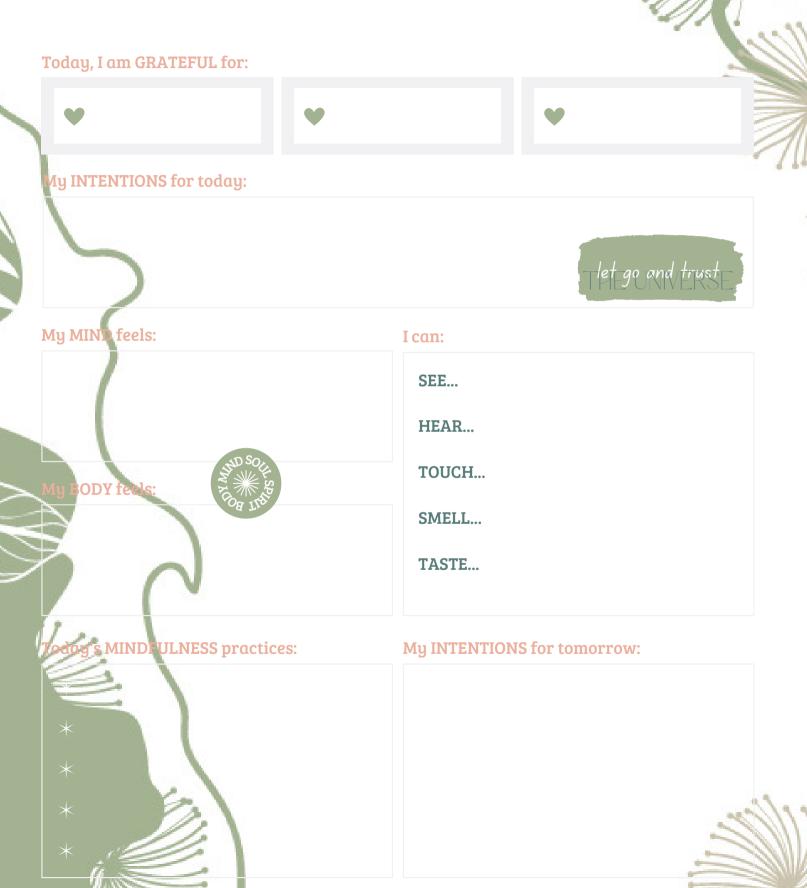
Reflect on ways and moments that you were MINDFUL today.











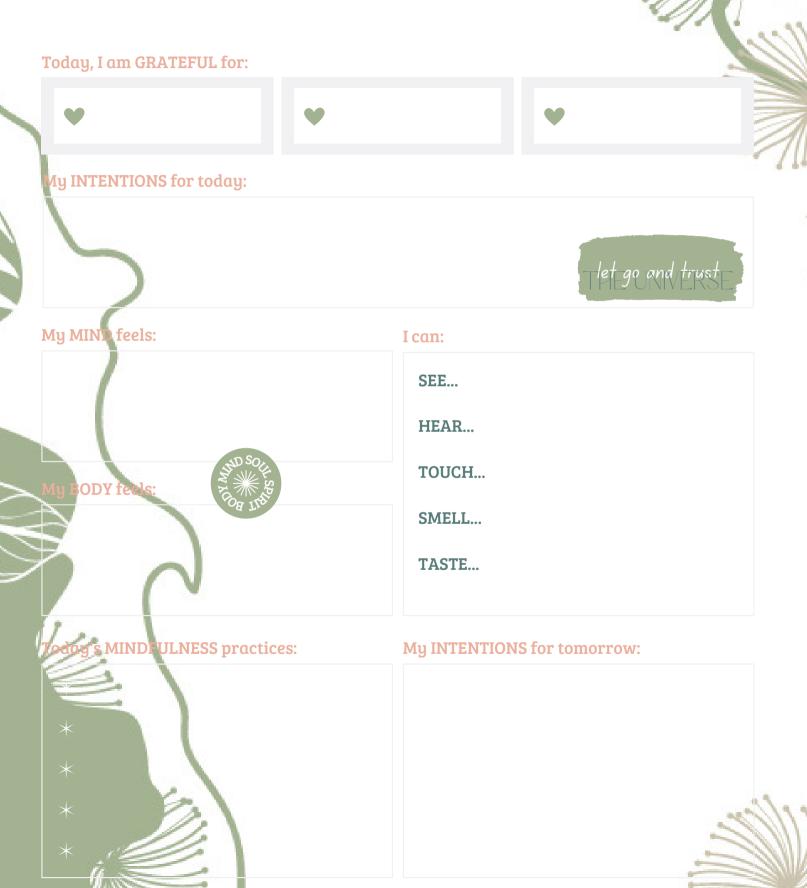
Reflect on ways and moments that you were MINDFUL today.











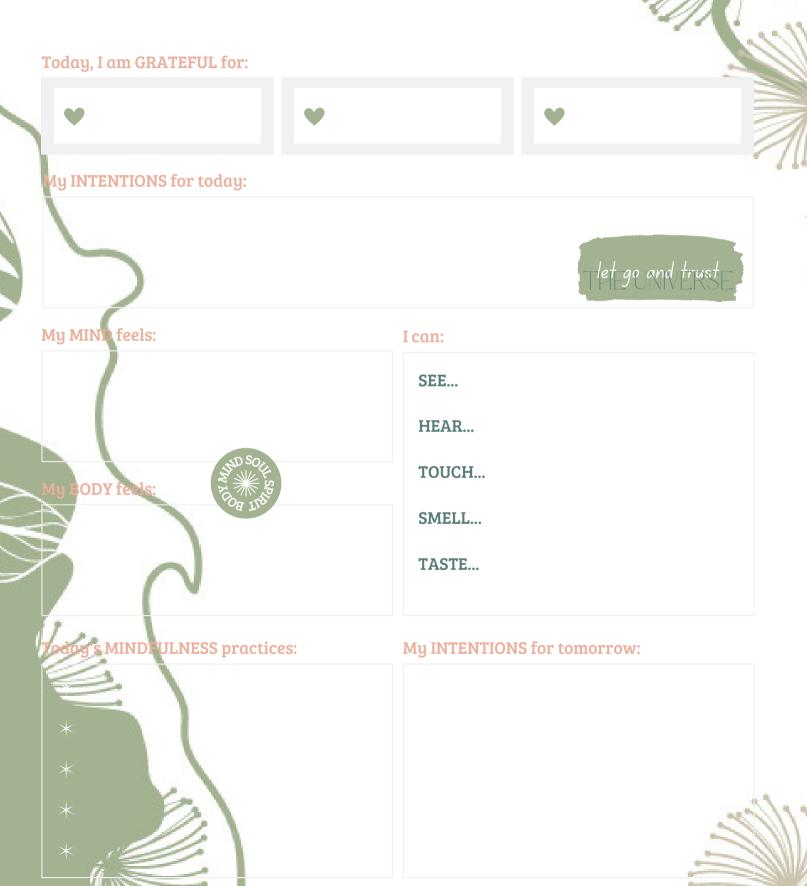
Reflect on ways and moments that you were MINDFUL today.











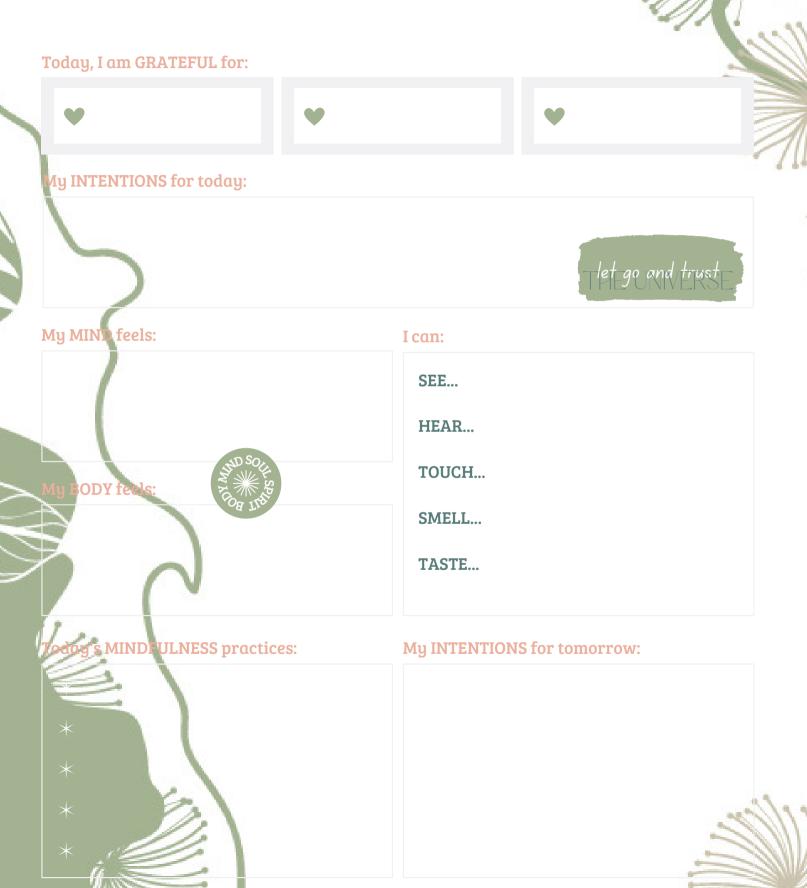
Reflect on ways and moments that you were MINDFUL today.











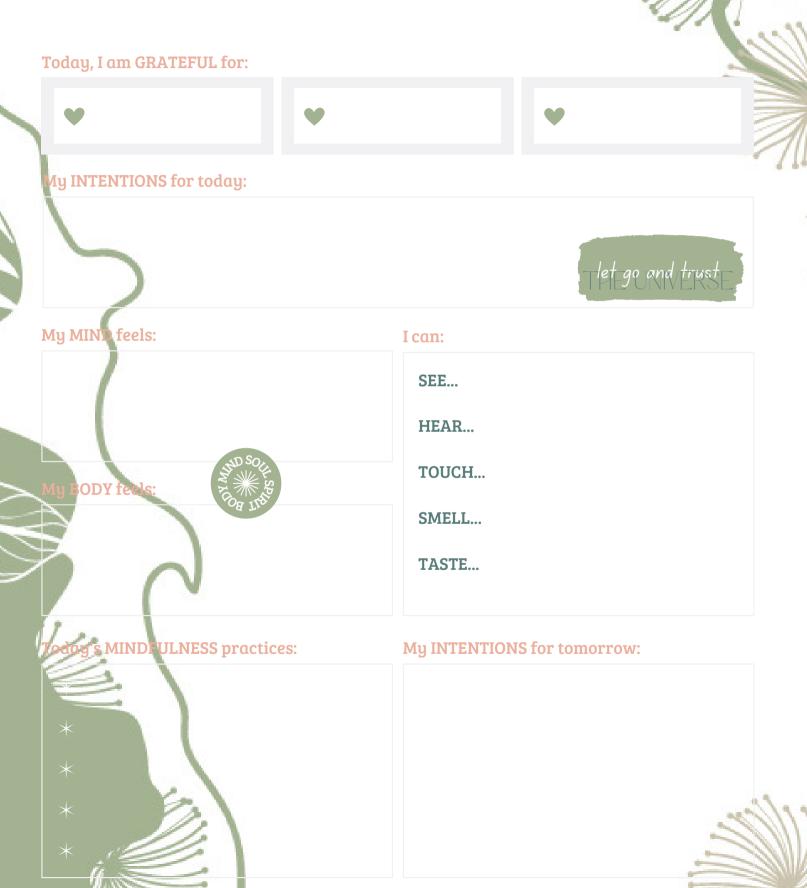
Reflect on ways and moments that you were MINDFUL today.











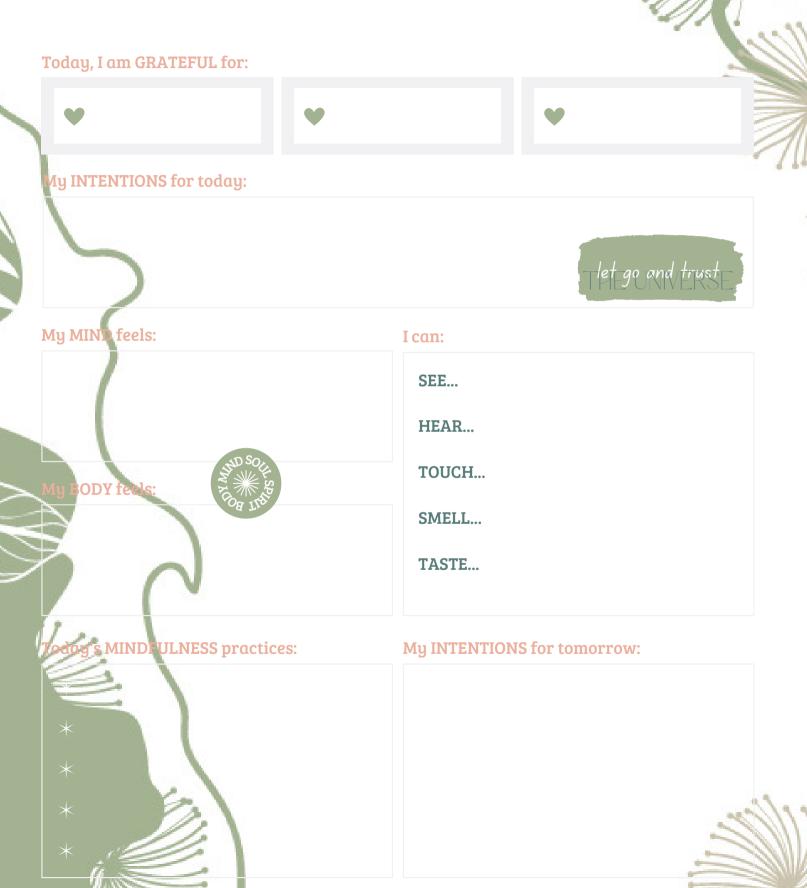
Reflect on ways and moments that you were MINDFUL today.











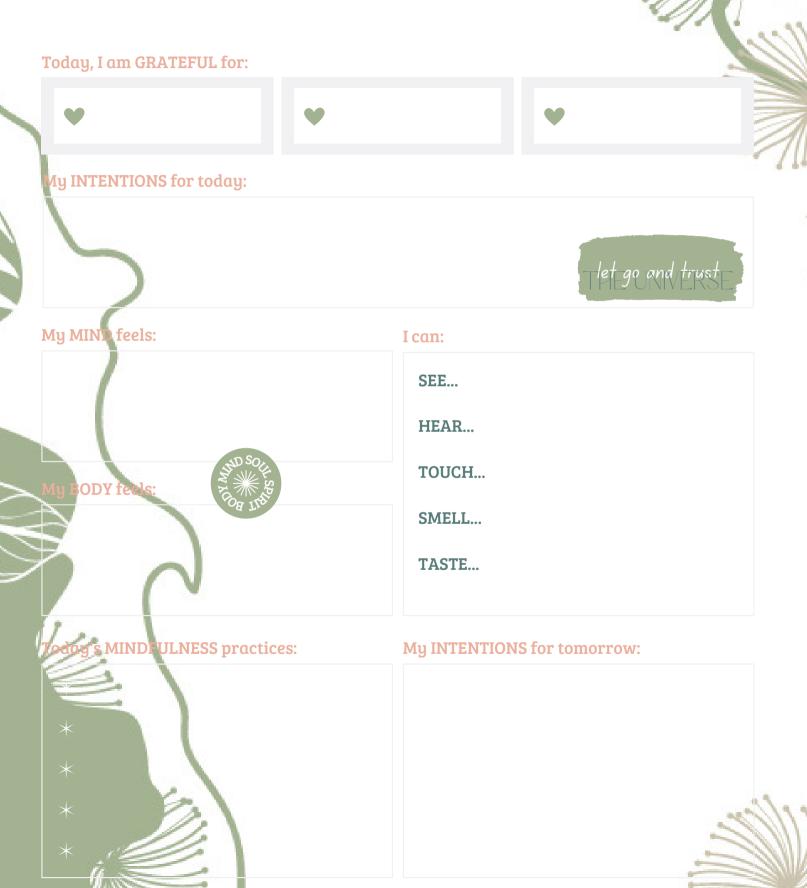
Reflect on ways and moments that you were MINDFUL today.











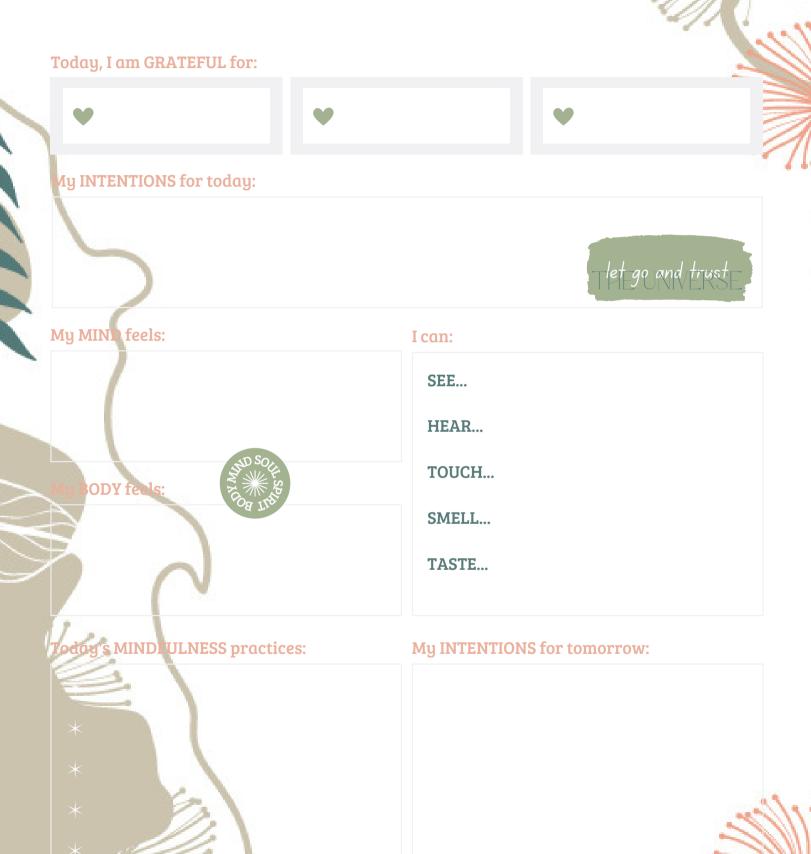
Reflect on ways and moments that you were MINDFUL today.











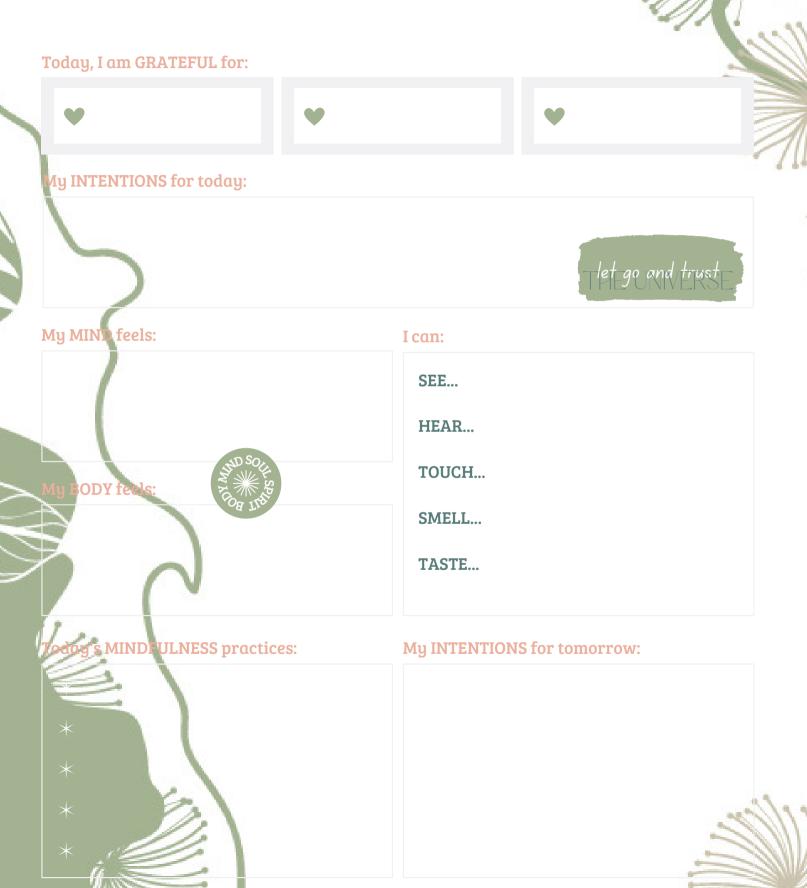
Reflect on ways and moments that you were MINDFUL today.











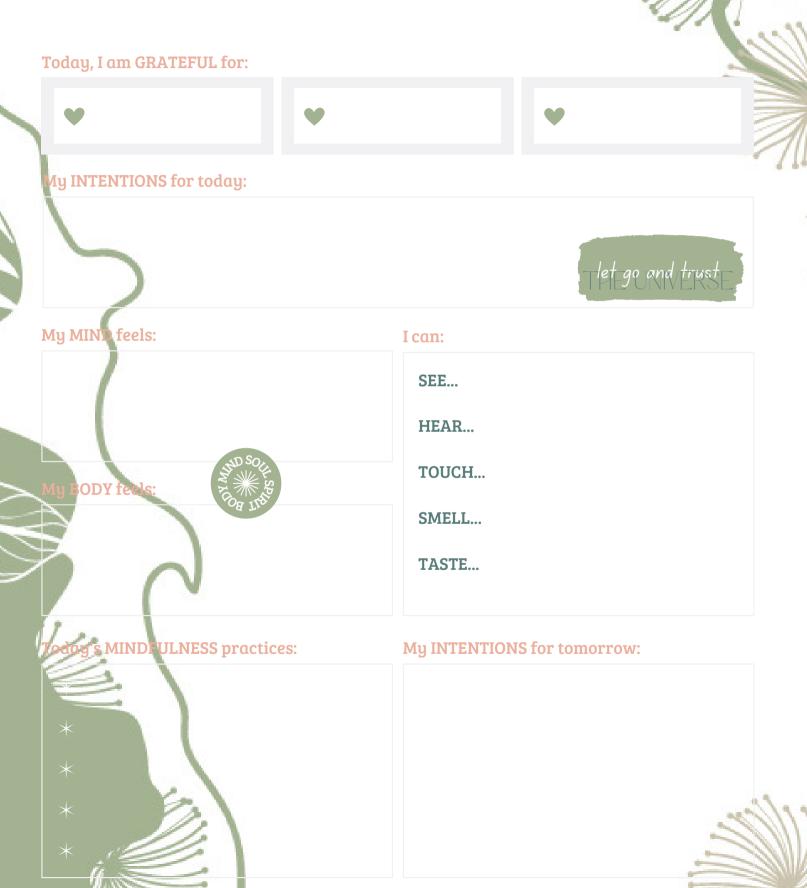
Reflect on ways and moments that you were MINDFUL today.











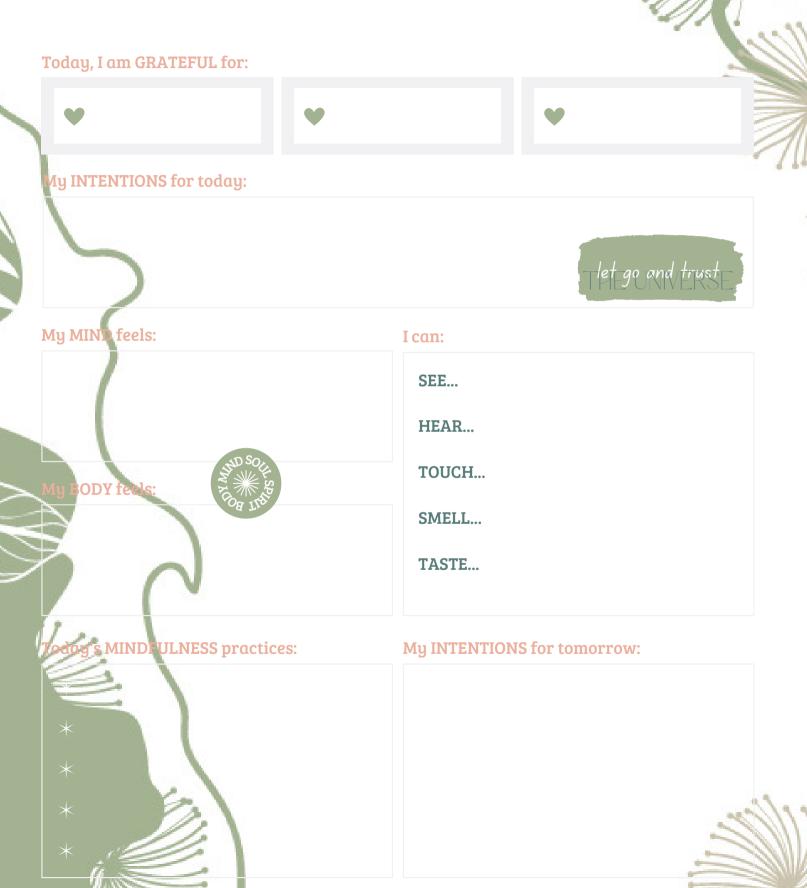
Reflect on ways and moments that you were MINDFUL today.











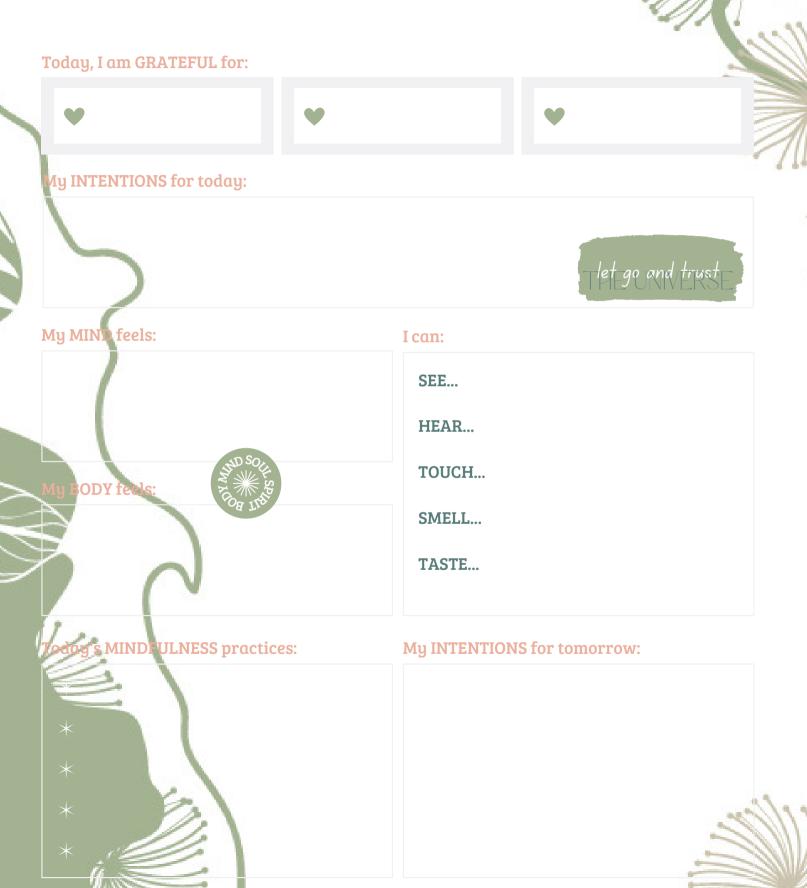
Reflect on ways and moments that you were MINDFUL today.











Reflect on ways and moments that you were MINDFUL today.













