

# MINDFULNESS DAILY JOURNAL



DATE: \_\_\_\_\_



MY MOOD TODAY:



MEDITATION




HOW LONG? .....

HOW WAS IT? .....

OTHERS:

**I CHOOSE TO FEEL TODAY**

\_\_\_\_\_



**MY FOCUS**

\_\_\_\_\_

**I FEEL INSPIRED BY**

\_\_\_\_\_



**MY GOOD HABITS**

\_\_\_\_\_

**TO-DO LIST**

- .....
- .....
- .....

**I'M GRATEFUL FOR**

- .....
- .....
- .....