

Mindfulness Journal

Date:

Today, I.m feeling...

Positive Affirmations:

Today, I.m grateful for...

1.

2.

3.

Something I.m proud of...

More of These:

Less of These:

My favorite moment of the day...

Tomorrow I look forward to...

Goal Setting Challenge

Date:

My Big Goal:

Mini Goal #1:

Deadline:

Action Plan:

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Mini Goal #1:

Deadline:

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Mini Goal #1:

Deadline:

Action Plan: