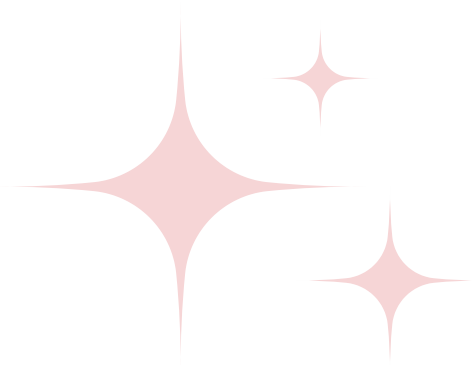




Mindfulness Journal



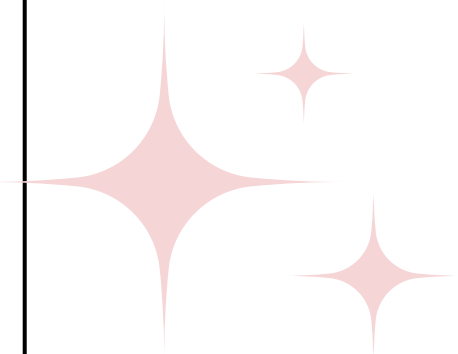
How to Use This Journal



Thank you so much for purchasing this mindfulness journal. I hope it helps bring you some peace and calm into your life. Within this journal you will find **50** pages. Among those pages are mindfulness eating journal, growth mindset worksheets, calendars, daily affirmations, and many more.

To use this journal, print the amount of pages that you would like, and then assemble them together using a binding machine or a three ring binder.

This mindfulness journal is the property Jenna Jury and the Peaceful Nest Blog. It is for personal use only. You are not permitted to resale as your own.



Growth Mindset Planner

I want to envision for in my future...

My goal is...

VISUALIZATION

I see...

I have...

I feel...

LIMITING BELIEFS I NEED TO GET RID OF:

1.

2.

3.

DAILY AFFIRMATIONS

1.

2.

3.

ACTION PLANS

TO-DO LISTS

Four horizontal bars for action plans, alternating between yellow and white.

Four horizontal bars for to-do lists, alternating between white and light blue.

Self Care Plan

MENTAL

Form for MENTAL self-care plan with 8 horizontal bars. The bars are colored in the following order from top to bottom: light red, white, light blue, white, light purple, white, light yellow, and white.

PHYSICAL

Form for PHYSICAL self-care plan with 8 horizontal bars. The bars are colored in the following order from top to bottom: white, light yellow, white, light purple, white, light blue, white, and light red.

EMOTIONAL

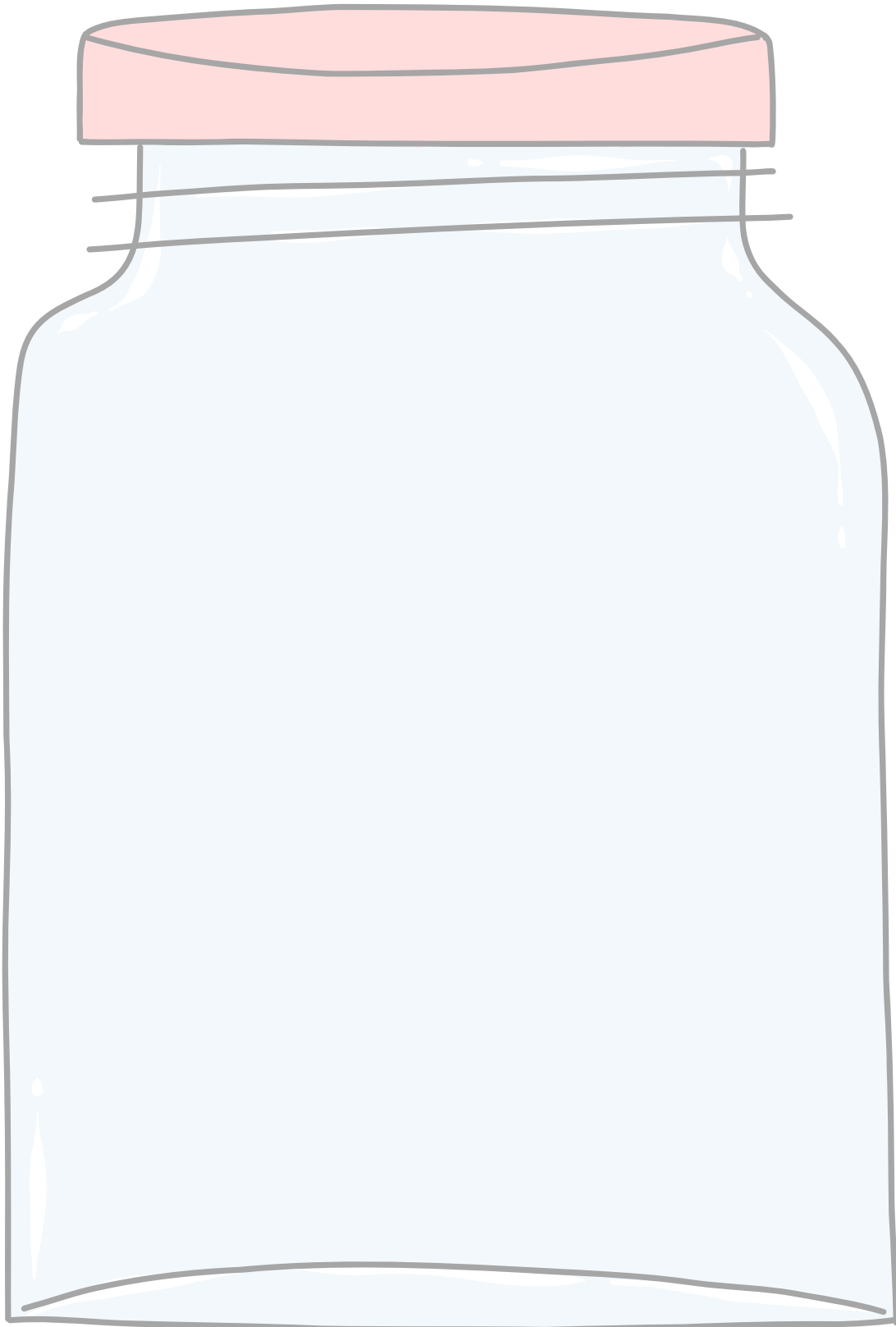
Form for EMOTIONAL self-care plan with 8 horizontal bars. The bars are colored in the following order from top to bottom: white, light red, white, light blue, white, light purple, white, and light yellow.

SPIRITUAL

Form for SPIRITUAL self-care plan with 8 horizontal bars. The bars are colored in the following order from top to bottom: light yellow, white, light purple, white, light blue, white, light red, and white.

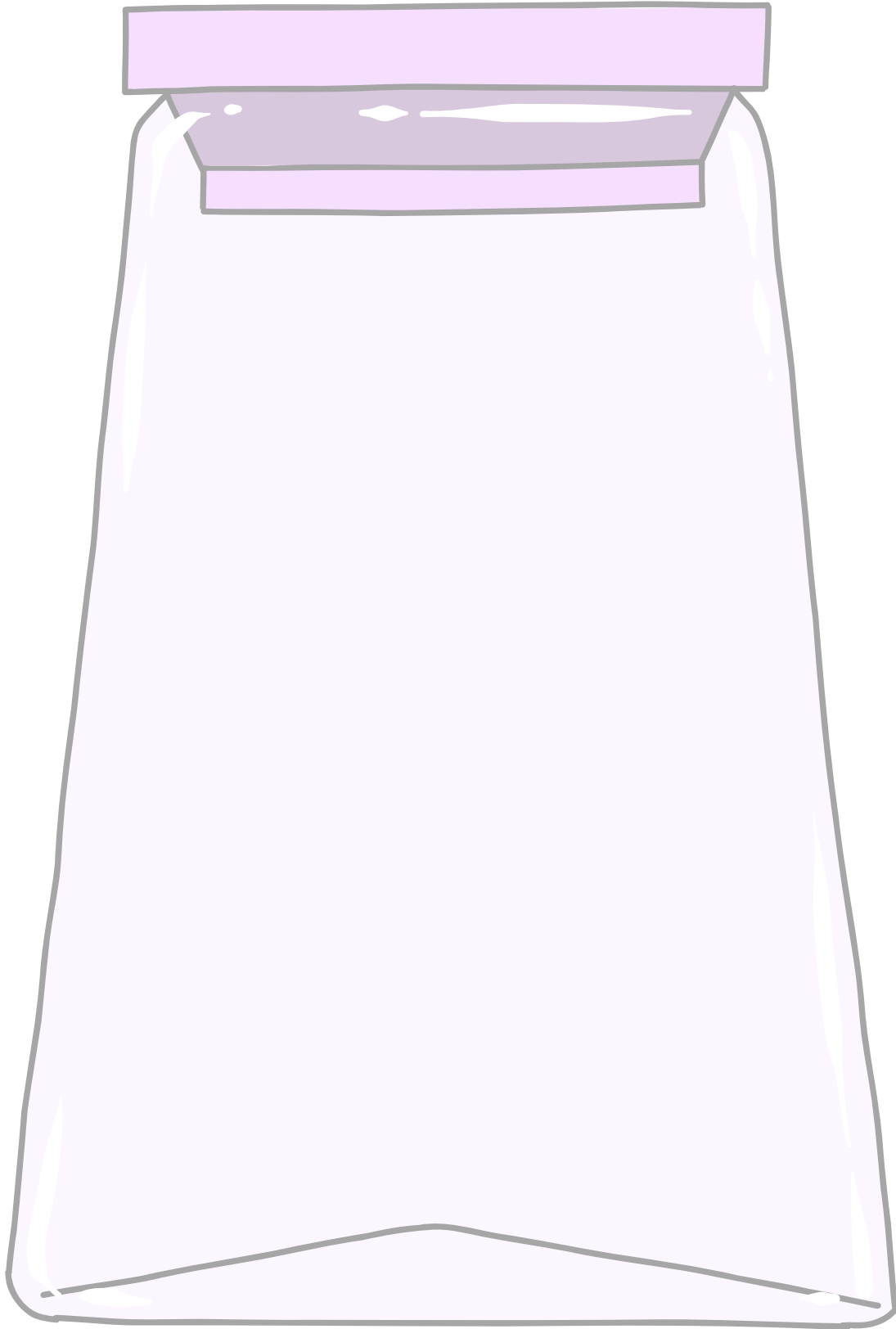
Worry Jar

Write down all your worries in this jar.



Gratitude Jar

Write all the things you are grateful for.



The Not-To-Do List

Everything On My Plate

15 horizontal bars for listing items under "Everything On My Plate". The bars are colored in a repeating sequence: light red, white, light purple, white, light yellow, white, light blue, white, light yellow, white, light red, white, light purple, white, light yellow, white, light blue, white.

Other Peoples Responsibilities

3 horizontal bars for listing items under "Other Peoples Responsibilities". The bars are colored: white, light blue, white.

Stuff That.s Out Of My Control

3 horizontal bars for listing items under "Stuff That.s Out Of My Control". The bars are colored: light red, white, light purple.

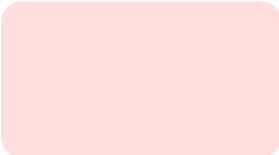












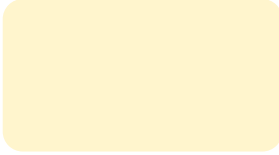
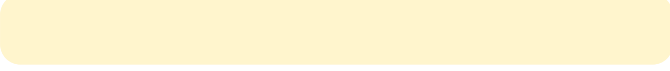

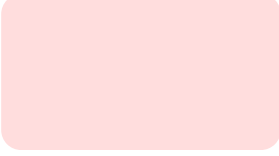




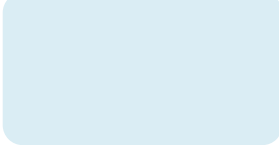
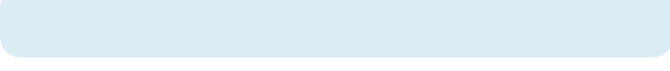

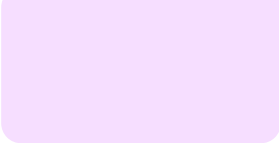
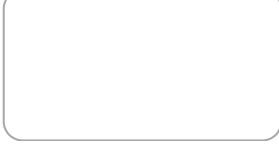


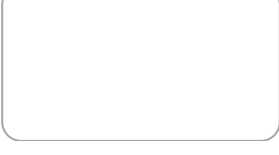


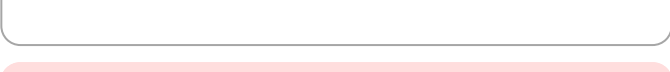
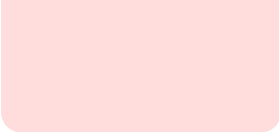



Stuff That Drains Me

3 horizontal bars for listing items under "Stuff That Drains Me". The bars are colored: white, light blue, white.

Stuff That Doesn.t Need To Get Done

3 horizontal bars for listing items under "Stuff That Doesn.t Need To Get Done". The bars are colored: light red, white, light purple.

Personal Boundaries

What	With Whom	How
		 
		 
		 
		 
		 
		 
		 
		 
		 

Affirmation List

Daily Focus

Write your highlights each day.

MON	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
TUE	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
WED	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
THU	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
FRI	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
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SAT	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
SUN	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>

Gratitude List

Write down all that you are grateful for and why in the spaces below.

A friend...

A neighbor...

A place...

An event...

A family...

A relative...

A teacher...

A colleague...

A skill...

A talent...

A body part...

A memory...

An experience...

An acquaintance...

Daily Wellness

Date:

Daily affirmation:

Daily exercises:

Things I.m grateful for:

DAILY MEALS

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

3 things that I can do today:

1.

2.

3.

Great things that happened today:

1.

2.

3.

Thoughts and reflections:

Morning Reflection

Date:

I am feeling...

A large, rounded rectangular box with a light red gradient fill, intended for writing reflections on how one is feeling.

I am looking forward to...

A large, rounded rectangular box with a white fill and a thin black border, intended for writing reflections on what one is looking forward to.

I am working towards...

A large, rounded rectangular box with a white fill and a thin black border, intended for writing reflections on what one is working towards.

My daily affirmation...

A large, rounded rectangular box with a light blue gradient fill, intended for writing a daily affirmation.

My Purpose

Date:

What do I value the most in my life?

What was I drawn to as a child?

My best attributes as a person:

What will I do with my time:

15 horizontal bars for writing attributes, alternating colors: pink, white, light blue, white, purple, white, yellow, white, pink, white, light blue, white, purple, white, yellow.

15 horizontal bars for writing time activities, alternating colors: white, yellow, white, purple, white, light blue, white, pink, white, yellow, white, purple, white, light blue, pink.

Evening Reflection

Date:

Lesson learned
today...

Today, I'm grateful
for...

Things I like about myself:

People I'm grateful for:

Five horizontal rounded rectangular boxes for writing, each with a different background color: white, light blue, white, light purple, and yellow.

Five horizontal rounded rectangular boxes for writing, each with a different background color: light pink, white, light blue, white, and light purple.

I'm excited about...

I am letting go of...

My Goals

Date:

GOAL #1

Outcome I want to achieve:

Why this is important:

STEPS I HAVE TO TAKE

GOAL #2

Outcome I want to achieve:

Why this is important:

STEPS I HAVE TO TAKE

GOAL #3

Outcome I want to achieve:

Why this is important:

STEPS I HAVE TO TAKE

My Strengths ✨ Qualities

Date:

Things I'm good at:

Three horizontal bars for writing: the top bar is light red, the middle bar is white with a thin border, and the bottom bar is light blue.

Compliments I have received:

Three horizontal bars for writing: the top bar is white with a thin border, the middle bar is light purple, and the bottom bar is white with a thin border.

Things I like about myself:

Three horizontal bars for writing: the top bar is white with a thin border, the middle bar is light purple, and the bottom bar is white with a thin border.

Challenges I have overcome:

Three horizontal bars for writing: the top bar is light yellow, the middle bar is white with a thin border, and the bottom bar is light red.

I can help others by:

Three horizontal bars for writing: the top bar is light yellow, the middle bar is white with a thin border, and the bottom bar is light red.

Things that makes me unique:

Three horizontal bars for writing: the top bar is white with a thin border, the middle bar is light blue, and the bottom bar is white with a thin border.

Things I value the most:

Three horizontal bars for writing: the top bar is white with a thin border, the middle bar is light blue, and the bottom bar is white with a thin border.

Things I can do to make others

Three horizontal bars for writing: the top bar is light purple, the middle bar is white with a thin border, and the bottom bar is light yellow.

Reflection Planner

Date:

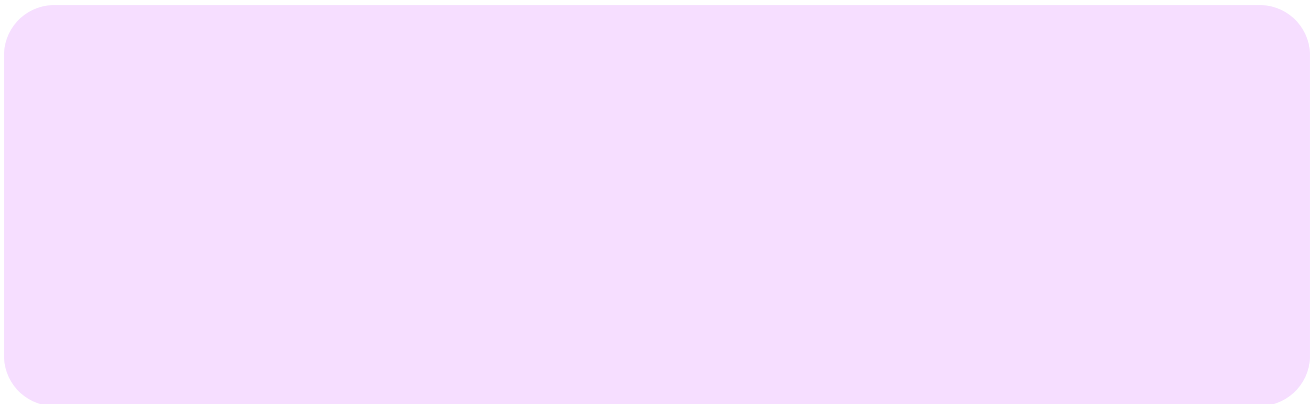
Date:

Time:

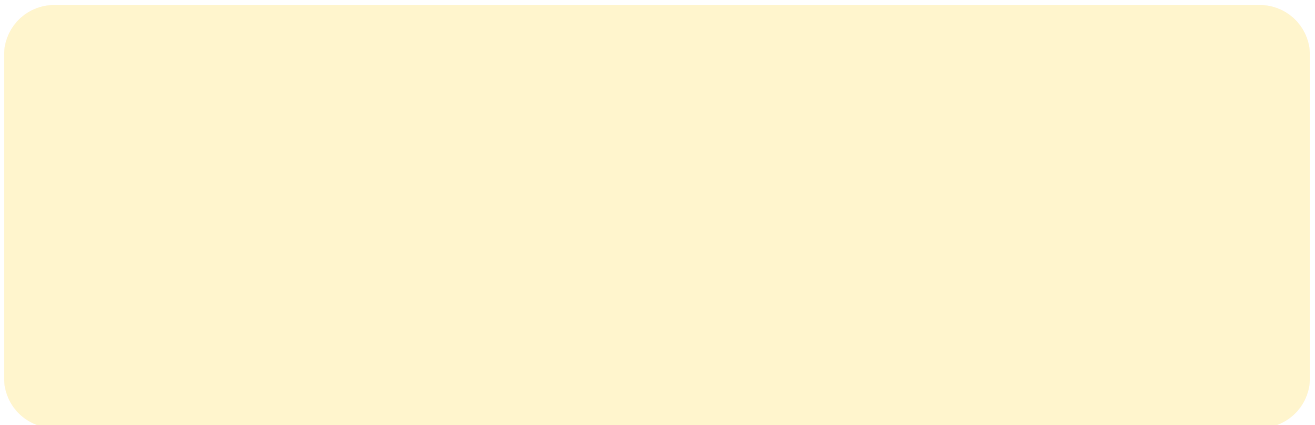
Location:

Duration:

I can help others by:



Things that makes me unique:



REFLECTIONS

I am grateful for...

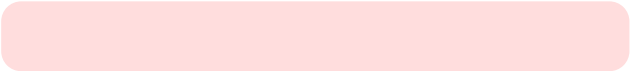

I will accomplish...

I need to work on...


Self Care Checklist

Week:

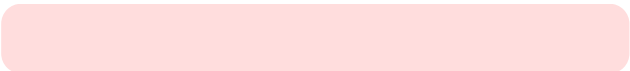

Physical

	M	T	W	T	F	S	S
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<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Mental

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Emotional

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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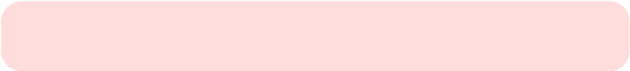

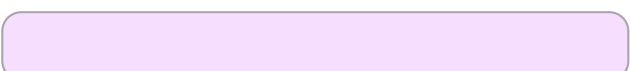
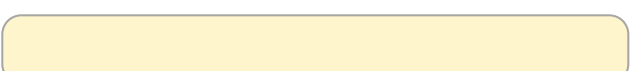
Spiritual

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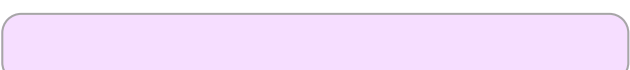
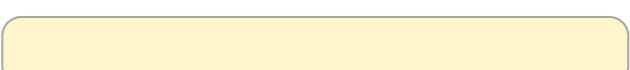
Habit Tracker

Week:

Morning

	M	T	W	T	F	S	S
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<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Afternoon

	M	T	W	T	F	S	S
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<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reflection Log

Date	Feeling Before	Feeling After
[Red]	[White]	[Blue]
[White]	[Purple]	[White]
[Yellow]	[White]	[Red]
[White]	[Blue]	[White]
[Purple]	[White]	[Yellow]
[White]	[Red]	[White]
[Blue]	[White]	[Purple]
[White]	[Yellow]	[White]
[Red]	[White]	[Blue]
[White]	[Purple]	[White]
[Yellow]	[White]	[Red]
[White]	[Blue]	[White]
[Purple]	[White]	[Yellow]
[White]	[Red]	[White]
[Blue]	[White]	[Purple]
[White]	[Yellow]	[White]
[Red]	[White]	[Blue]
[White]	[Purple]	[White]
[Yellow]	[White]	[Red]

Self Care Intentions

Date:

Water :

Sleep :

Daily Affirmation...

TODAY.S TOP 5 GOALS

-
-
-
-
-

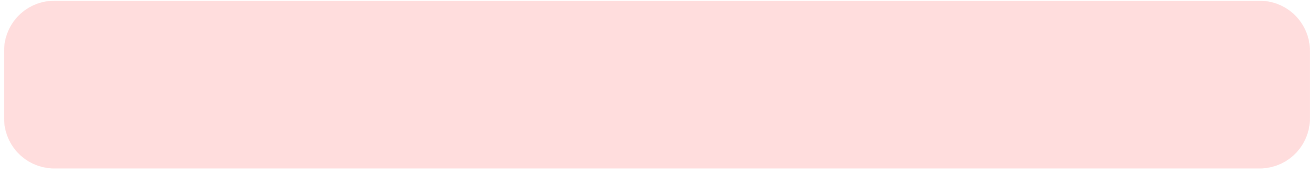
SELF CARE ACTIVITIES

-
-
-
-
-
-
-
-

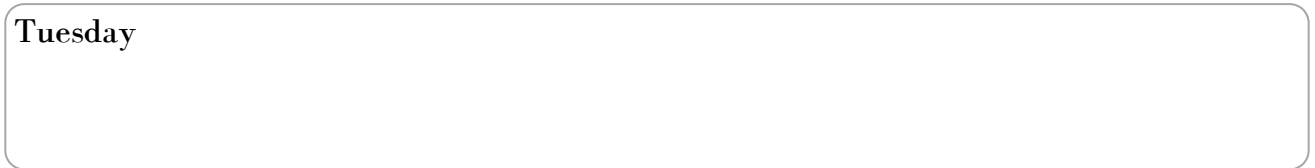
Weekly Planner

Week:

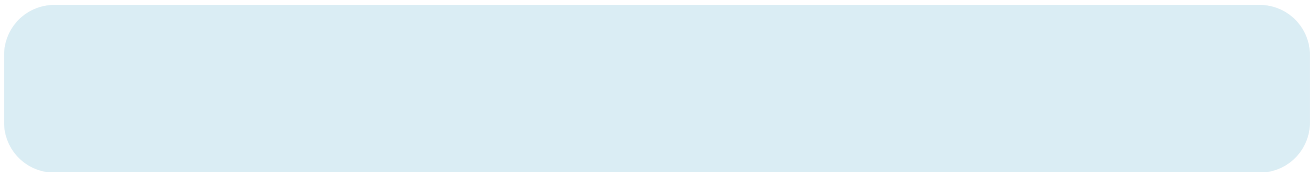
Monday



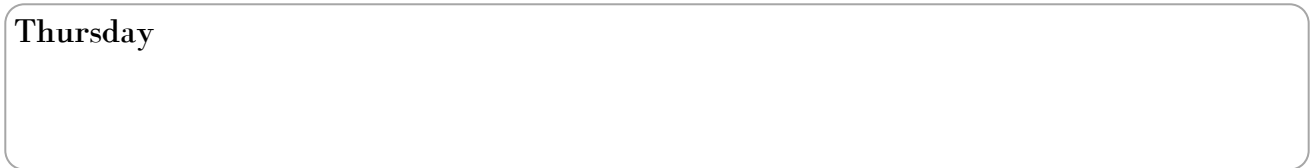
Tuesday



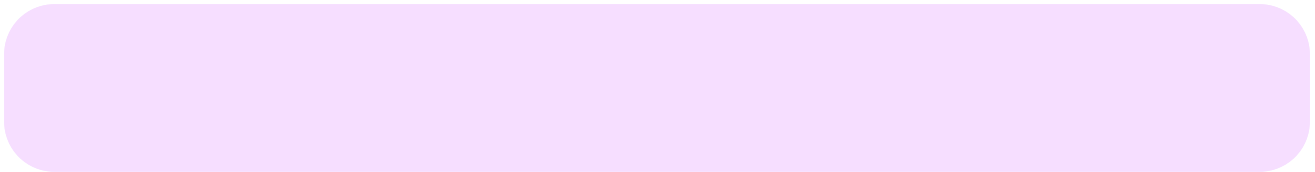
Wednesday



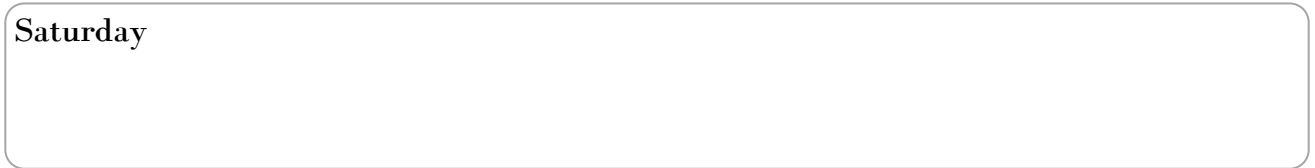
Thursday



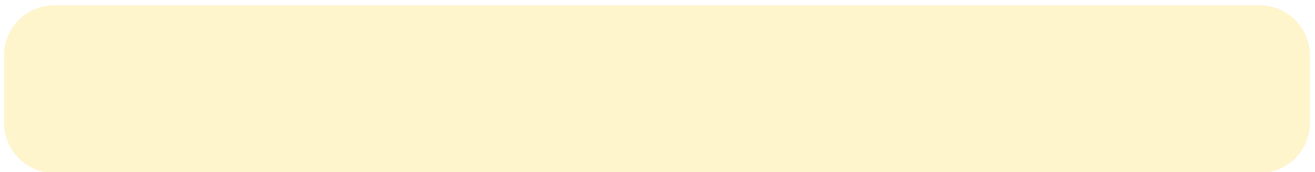
Friday



Saturday



Sunday



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:

Mini Goal #1:

Deadline:

Action Plan:

Mini Goal #1:

Deadline:

Action Plan:

Mini Goal #1:

Deadline:

Action Plan:

Overcoming Obstacles

Date:

Obstacle	Solution

Growth Mindset

Date:

Instead of this...

Say this...

Form for 'Instead of this...' with 20 rows of colored and white rounded rectangles.

Form for 'Say this...' with 20 rows of colored and white rounded rectangles.

Growth Exercise

Date:

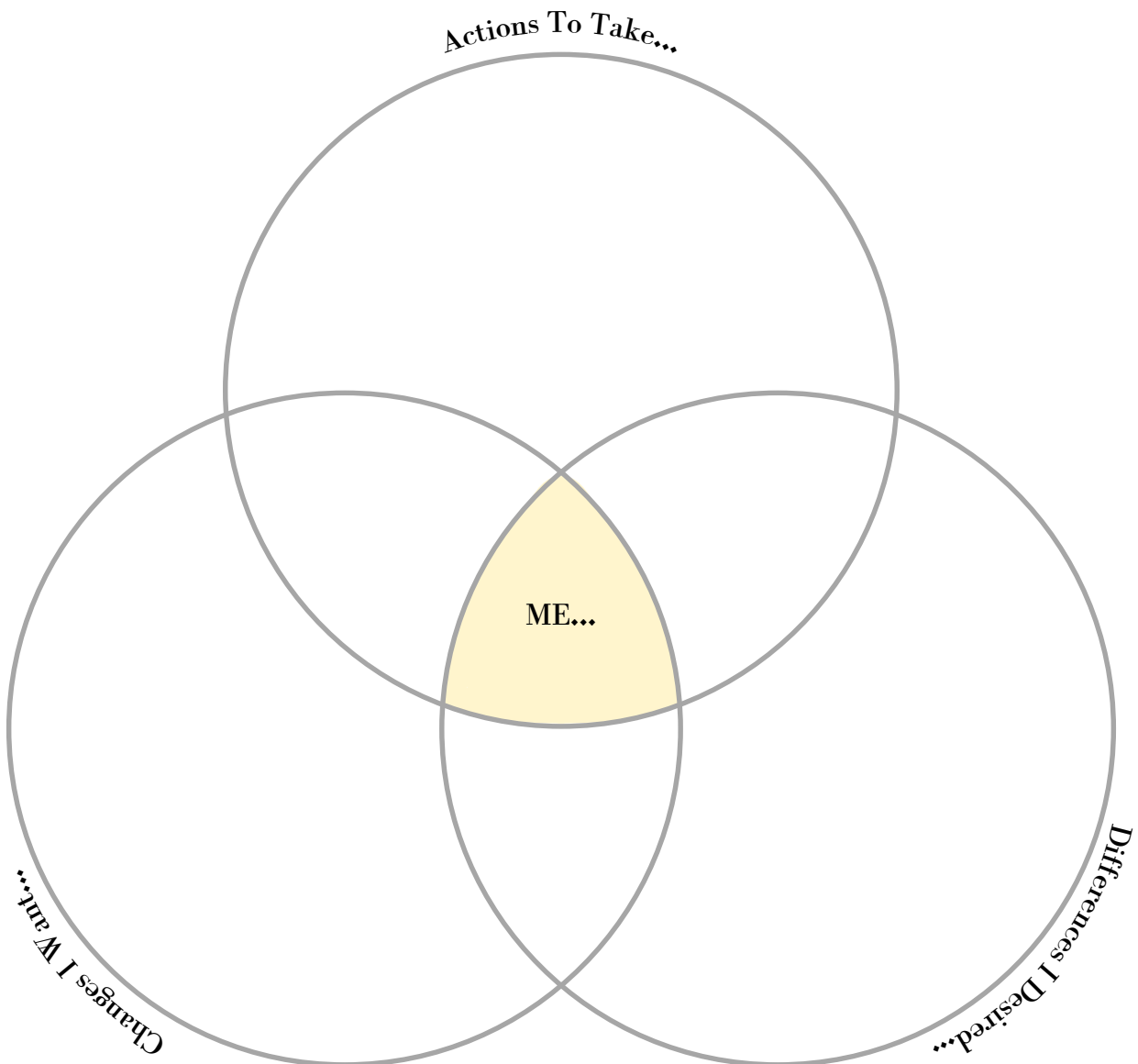
Now...



Blockage...



Desired...



Growth or Fixed Mindset

Date:

	Mindset	Growth	Fixed
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			

Coping Tools

Date:

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Mindful Techniques

Date:

Technique	Description	✓
[Red bar]	[White bar]	<input type="checkbox"/>
[White bar]	[Blue bar]	<input type="checkbox"/>
[Purple bar]	[White bar]	<input type="checkbox"/>
[White bar]	[Yellow bar]	<input type="checkbox"/>
[Red bar]	[White bar]	<input type="checkbox"/>
[White bar]	[Blue bar]	<input type="checkbox"/>
[Purple bar]	[White bar]	<input type="checkbox"/>
[White bar]	[Yellow bar]	<input type="checkbox"/>
[Red bar]	[White bar]	<input type="checkbox"/>
[White bar]	[Blue bar]	<input type="checkbox"/>
[Purple bar]	[White bar]	<input type="checkbox"/>
[White bar]	[Yellow bar]	<input type="checkbox"/>
[Red bar]	[White bar]	<input type="checkbox"/>
[White bar]	[Blue bar]	<input type="checkbox"/>
[Purple bar]	[White bar]	<input type="checkbox"/>
[White bar]	[Yellow bar]	<input type="checkbox"/>
[Red bar]	[White bar]	<input type="checkbox"/>
[White bar]	[Blue bar]	<input type="checkbox"/>
[Purple bar]	[White bar]	<input type="checkbox"/>

Daily Rituals

Date:

Morning Rituals

Duration

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

Midday Rituals

Duration

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

Evening Rituals

Duration

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

Self Improvement

Date:

What are my common negative thoughts?

What the source of this negativity?

What can I do to think more positively?

Affirmations about self doubt!

Vision Board

Date:

Money Expenses

What is my current financial state?

Financial goals for next year...

Small steps I can take towards my goals...

369 Affirmations Method

Date:

Intention:

**MORNING
AFFIRMATIONS**
(Write 3 times)

**AFTERNOON
AFFIRMATIONS**
(Write 6 times)

**EVENING
AFFIRMATIONS**
(Write 9 times)

Getting To Know Myself

Date:

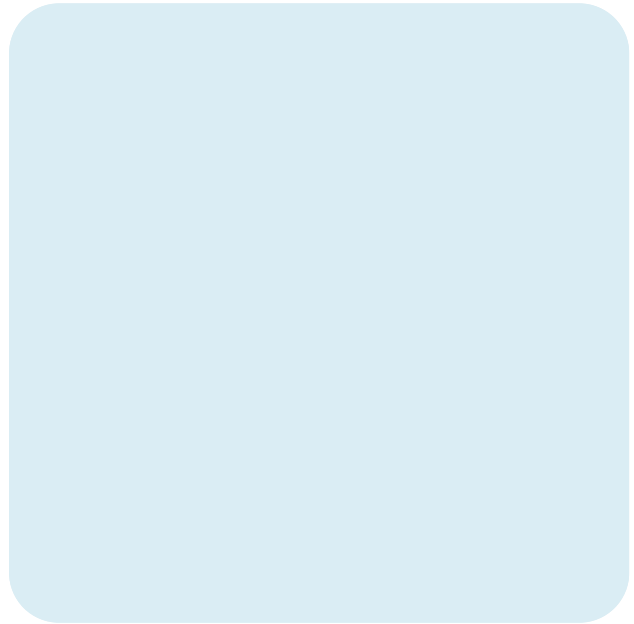
VALUES

What matter to me?



PASSIONS

What do I get excited about?



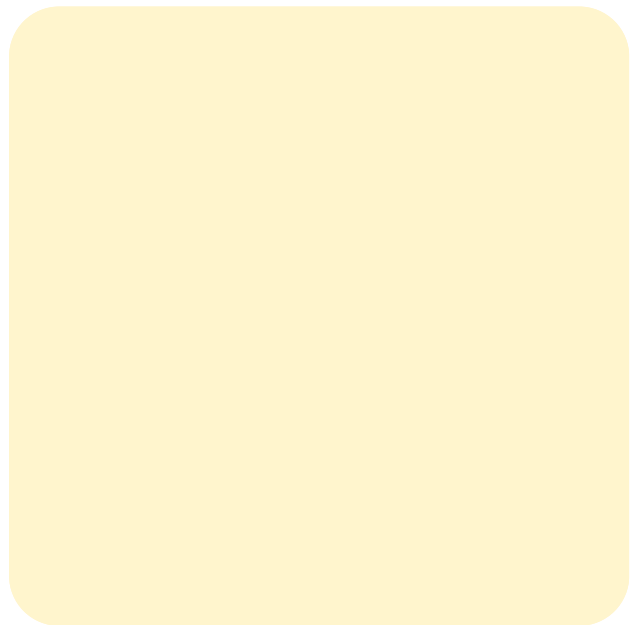
STRENGTHS

What am I good at?



MOTIVATIONS

What drives or inspires me?



Goals and Dreams

Date:

Physical Health

Five horizontal rounded rectangular boxes for Physical Health goals, with the following color sequence from top to bottom: light red, white, light blue, white, and light purple.

Mental Health

Five horizontal rounded rectangular boxes for Mental Health goals, with the following color sequence from top to bottom: white, light purple, white, light blue, and white.

Career

Five horizontal rounded rectangular boxes for Career goals, with the following color sequence from top to bottom: white, yellow, white, light red, and white.

Relationship

Five horizontal rounded rectangular boxes for Relationship goals, with the following color sequence from top to bottom: light red, white, yellow, white, and light purple.

Hobbies

Five horizontal rounded rectangular boxes for Hobbies goals, with the following color sequence from top to bottom: light blue, white, light purple, white, and yellow.

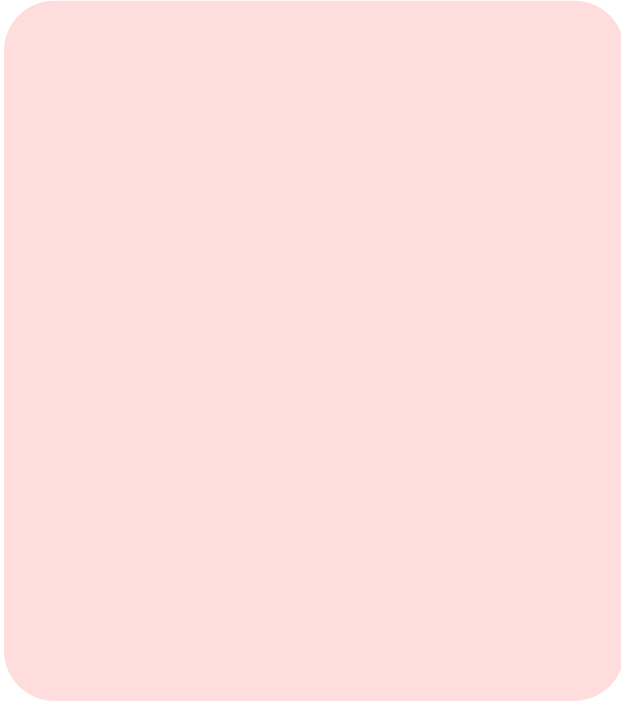
Travel

Five horizontal rounded rectangular boxes for Travel goals, with the following color sequence from top to bottom: white, light blue, white, light red, and white.

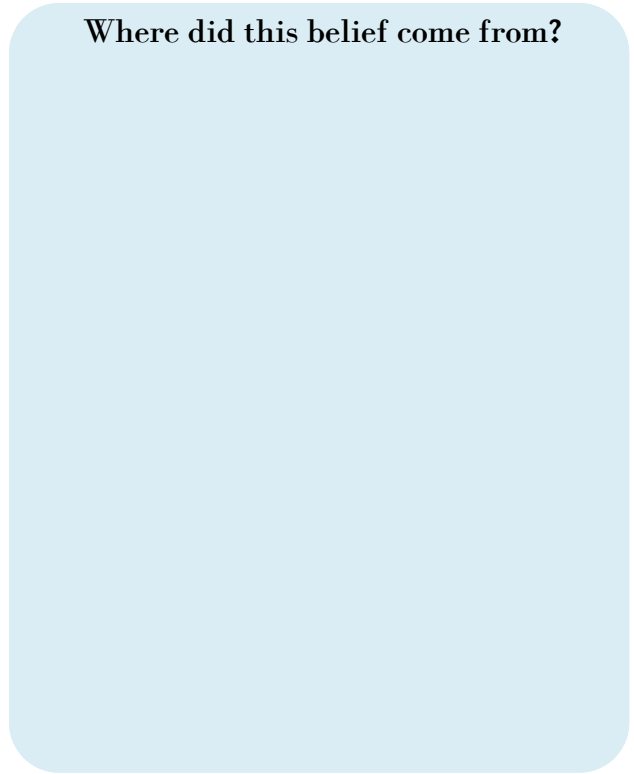
Limiting Beliefs

Date:

A belief that's holding you back...



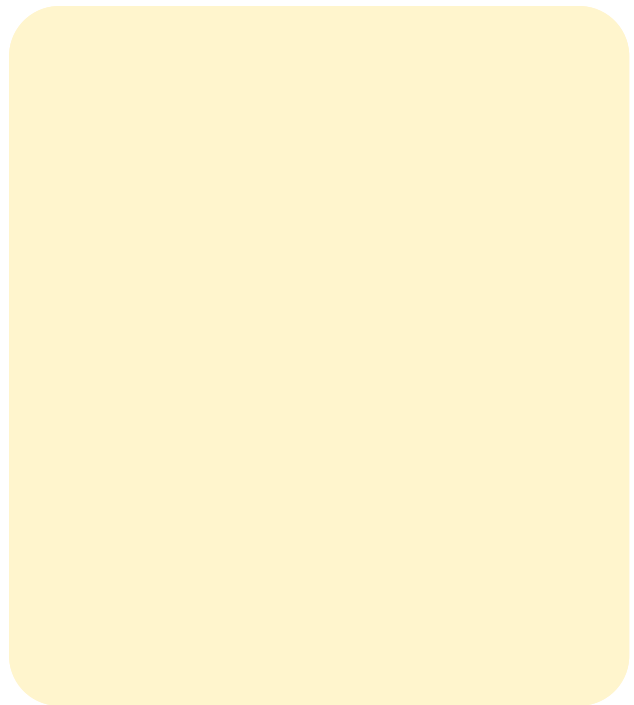
Where did this belief come from?



How is this belief holding you back?



What is a better alternative of this belief?



What I Love About Me

Date:

Colorful bar (light red)

Empty rounded rectangular box

Colorful bar (light blue)

Empty rounded rectangular box

Colorful bar (light purple)

Empty rounded rectangular box

Colorful bar (light yellow)

Empty rounded rectangular box

Colorful bar (light red)

Empty rounded rectangular box

Colorful bar (light blue)

Empty rounded rectangular box

Colorful bar (light purple)

Empty rounded rectangular box

Colorful bar (light yellow)

Empty rounded rectangular box

Colorful bar (light red)

Empty rounded rectangular box

Meal Planning

Week:

	Breakfast	Lunch	Dinner	Snacks
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Positive Thoughts

Date:

Red	>	White
White	>	Purple
Blue	>	White
White	>	Blue
Purple	>	White
White	>	Red
Yellow	>	White
White	>	Yellow
Red	>	White
White	>	Purple
Blue	>	White
White	>	Blue
Purple	>	White
White	>	Red
Yellow	>	White
White	>	Yellow
Red	>	White
White	>	Purple
Blue	>	White

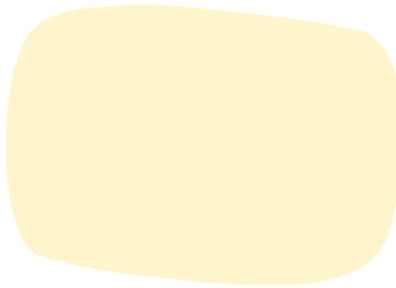
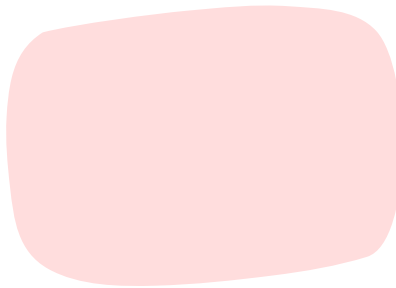
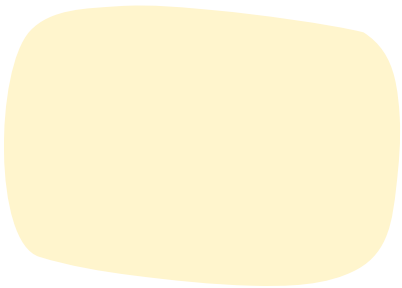
Mindful Habits

Year:

Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		

My Affirmations

Date:



Mindful Questions

Date:

What brought me joy today?

How did I express gratitude?

Am I proud of a specific achievement?

Did I practice self-compassion?

What new thing did I learn?

How did I show kindness?

What's my focus for tomorrow?

What made me smile today?

Did I take a mindful break?

How did I handle challenges?

What am I thankful for right now?

How did I practice self-love?

Did I nurture a relationship?

What's a positive from today?

What could I let go of?

How am I growing personally?

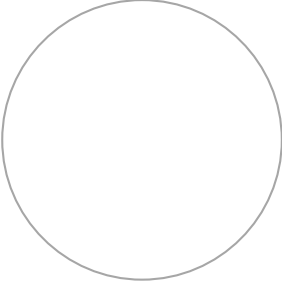
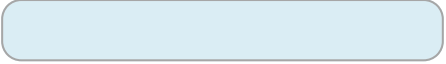

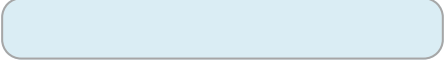


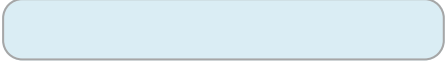

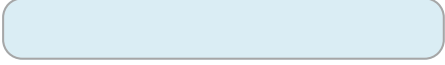
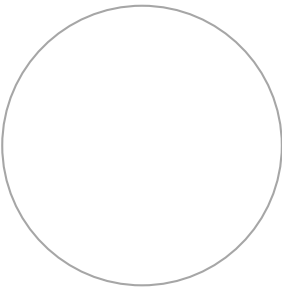








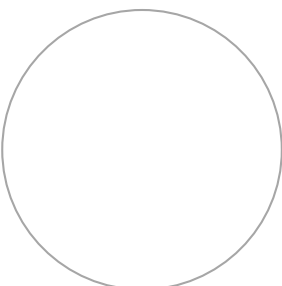
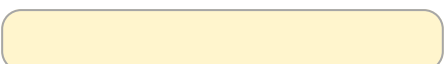




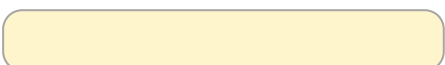


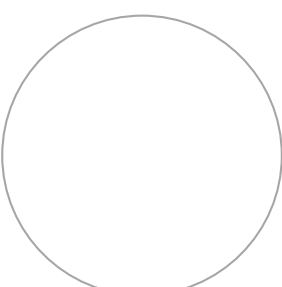
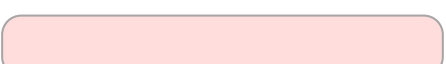

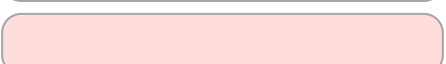


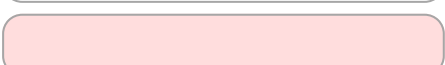

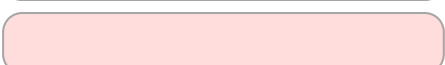
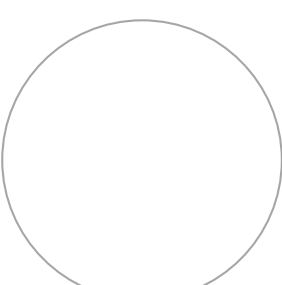
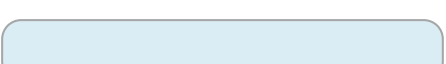

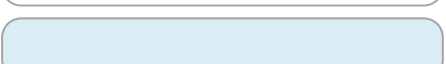

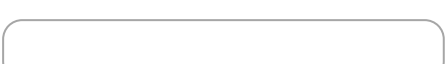


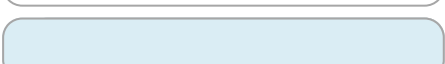
Did I take time for myself?

What inspired me today?

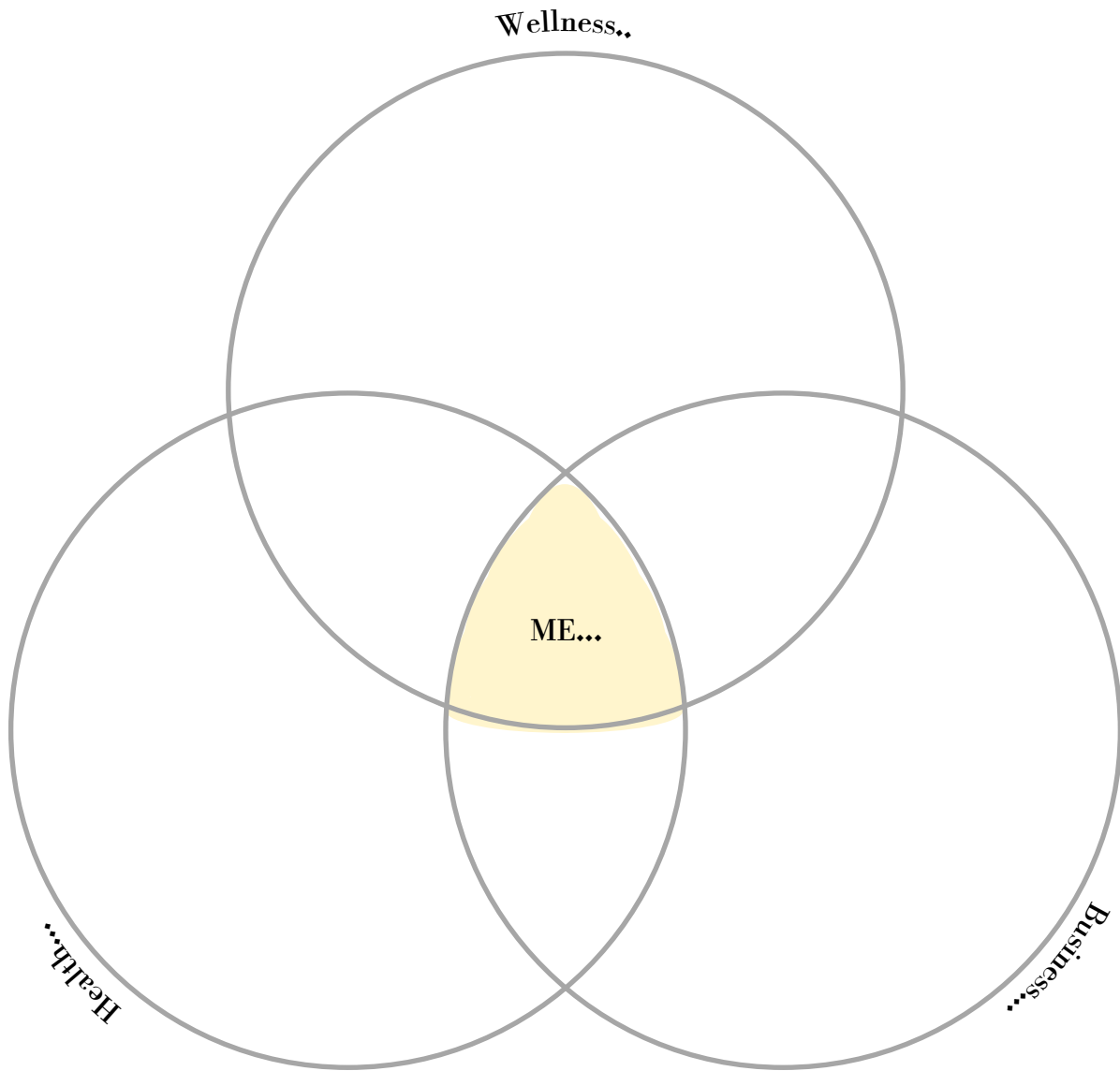
My Dream Life

What I Want	When	How To Get
[Light Blue Note]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]
[Light Purple Note]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]
[Light Yellow Note]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]
[Light Pink Note]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]
[Light Blue Note]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]	[Empty Box] [Empty Box] [Empty Box] [Empty Box]

Things To Let Go

The Thing	Why To Let Go?	How It Help?
	   	   
	   	   
	   	   
	   	   
	   	   

Goals Planner



Action Steps

Notes

<input type="checkbox"/>	<input type="text"/>
<input type="checkbox"/>	<input type="text"/>
<input type="checkbox"/>	<input type="text"/>
<input type="checkbox"/>	<input type="text"/>

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<input type="text"/>

Mindful Eating

Date:

Meal:

Time:

Hunger Before

1 2 3 4 5 6 7 8

Hunger After Eating

1 2 3 4 5 6 7 8

Eating
What I ate?

Why I ate? Hunger Cravings Bored Social Schedule
How do I feel after?

Meal:

Time:

Hunger Before

1 2 3 4 5 6 7 8

Hunger After Eating

1 2 3 4 5 6 7 8

Eating
What I ate?

Why I ate? Hunger Cravings Bored Social Schedule
How do I feel after?

Meal:

Time:

Hunger Before

1 2 3 4 5 6 7 8

Hunger After Eating

1 2 3 4 5 6 7 8

Eating
What I ate?

Why I ate? Hunger Cravings Bored Social Schedule
How do I feel after?

30-Day Gratitude Challenge

Month: _____

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

Mindfulness Tracker

Date:

Today I:

Saw

Heard

Felt

Thought

Learned

Box Breathing

Run your finger along the box or follow it with your eyes as you breath.

