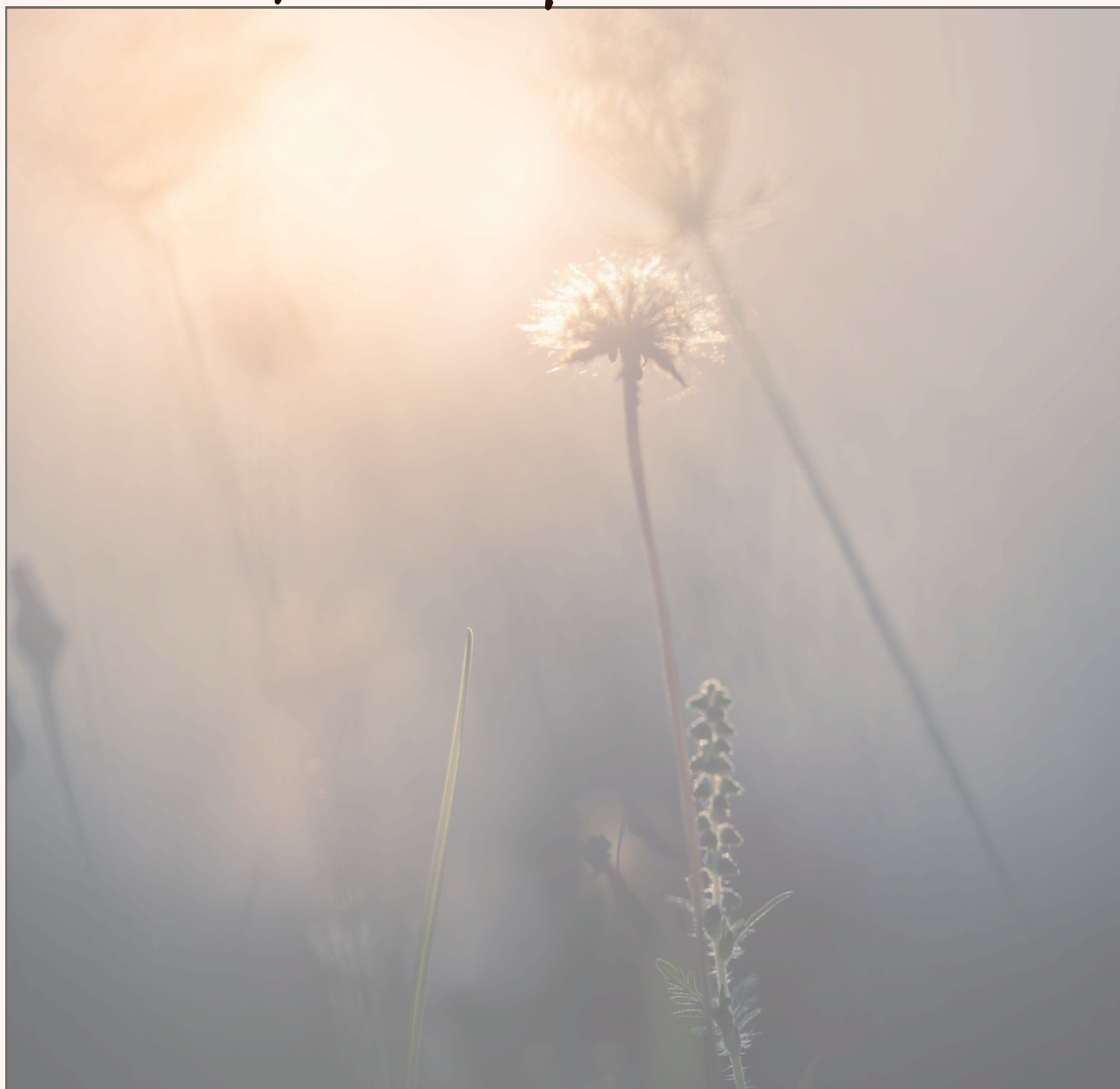


Mindfulness



Support My Mind

Weekly

Reflection

Good things from my week:

What I spent most of my time on:

Things that I will continue to work on next week:

Things that I went well for me:

Areas that I need to reflect and dive further in:

I am ready to release and receive guidance on:

Self-care

Planner

Prioritising self-care is a very important step in living a balanced and stress-free life. Fill out the boxes below during the week to give yourself time to reflect.

I'm grateful for

Exercise and nUTRITION

My biggest self-care goal this week

Habits

01

02

03

04

05

05

S	M	T	W	T	F	S
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Gratitude journal

Date

s m t w t f s

Take a moment each day to reflect on the things you're thankful for

Today I'm grateful for

1

2

3

Things that made me Smile today







Something that inspired me today

People I'm grateful to have in my life

Daily Affirmation

Notes & free thoughts



Monthly Reflection Journal

Date:

Time:

✦ Monthly Wins

✦ How does it make me feel?

✦ Challenges

✦ How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed
(Good & Bad)

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

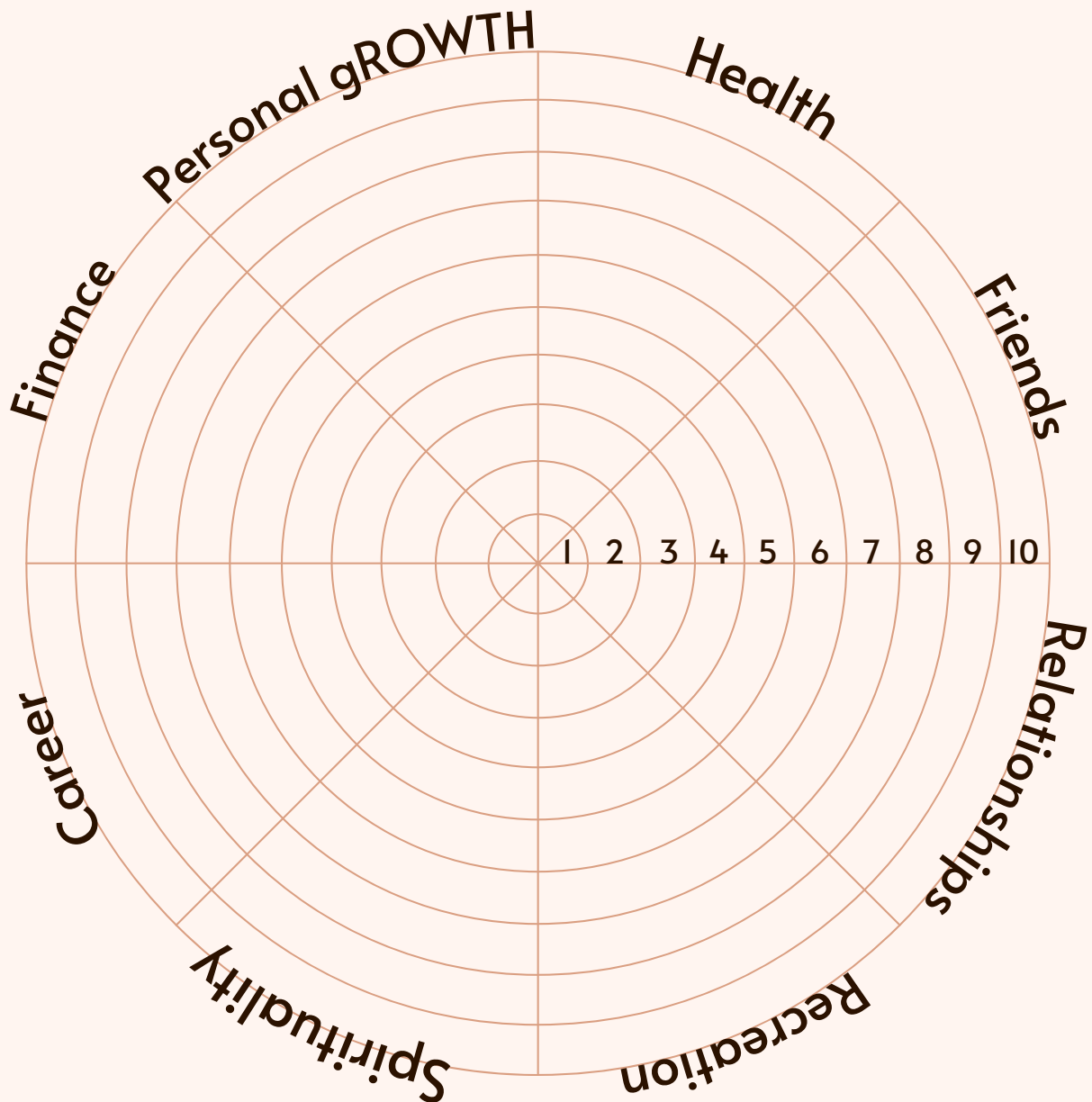
How will you rate this month?



wheel of

Life

The wheel of life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below, and rate them from 1 - 10.



DAILY Thoughts

Thoughts that made you smile today...

Things that challenged you
today...

Urges that you resisted today...

Events that made you feel
productive today...

Beautiful things that you heard today...

Experiences that made you feel
brave today...

If you only had one more day to live, what would you have the courage to do now?



Mindfulness Tracker

DATE:

What is my intention today?

Today I was mindful
when..

- walking ☐
- eating ☐
- driving ☐
- exercising ☐
- talking ☐
- resting ☐
- drinking coffee ☐
- other ☐

Hourly Mindful Moments

Daily Gratitude

Meditation

TIME

DURATION

COMMENTS

Daily Check in

DATE:

Dream log

Hours of sleep:

Sleep quality:

top 5
moments of
today

daily achievement

daily gratitude

breakfast	snacks	lunch	snacks	dinner	water
					oz.
cal.	cal.	cal.	cal.	cal.	total

exercises

top to-do list

Weekly Emotions

DATE:

WEEK:

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Summary of the week

Mood Tracker

DATE:

MOOD:



WAS TODAY ENOUGH OF:

YES NO

SLEEP

☐☐

REST

☐☐

WORK

☐☐

EXERCISE

☐☐

VITAMINS

☐☐

MEDICINE

☐☐

FOOD

☐☐

FRESH AIR

☐☐

SELF-CARE

☐☐

Today's Affirmations

TODAY'S CHALLENGES

TODAY'S HIGHLIGHTS