



# My Mindfulness Journal

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# Mindfulness Journal

The goal of mindfulness is to focus your awareness and attention on the present moment. Begin by being mindful of your breath. Then turn your attention to your thoughts and feelings without judging them.

Slow down. Notice your surroundings. Be open to the present moment.

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## Mindful Intentions

Begin by setting mindful intentions or use the ones listed here. Take a few minutes each day. Start a Mindfulness practice today.

- I will quiet my mind by taking three deep breaths.
- I'll turn my attention to the present moment and notice my surroundings.
- I'll notice my thoughts and feelings without judgment.

# Mindfulness Journal

Date	Three Things I'm Grateful For	Questions to Consider	What Did I Notice, Think or Feel?
SUN	<ul style="list-style-type: none"> <li>• Add here</li> <li>• Here</li> <li>• And here!</li> </ul>	What do I want to learn?	How do I feel? What do I want to feel?
MON	<ul style="list-style-type: none"> <li>• Add here</li> <li>• Here</li> <li>• And here!</li> </ul>	Some paths are created as we go.	<b>Tip:</b> Make this space yours! Add images, videos, or links.
TUE	<ul style="list-style-type: none"> <li>• Add here</li> <li>• Here</li> <li>• And here!</li> </ul>	Even when the skies are gray, my colors will still shine.	Today will be a better day!
WED	<ul style="list-style-type: none"> <li>• Add here</li> <li>• Here</li> <li>• And here!</li> </ul>	My life is as good as my mindset.	
THUR	<ul style="list-style-type: none"> <li>• Add here</li> <li>• Here</li> <li>• And here!</li> </ul>	I honor my space by setting healthy boundaries.	
FRI	<ul style="list-style-type: none"> <li>• Add here</li> <li>• Here</li> <li>• And here!</li> </ul>	I cultivate my growth by embracing new challenges.	
SAT	<ul style="list-style-type: none"> <li>• Add more rows as needed</li> <li>• Feel free to find or write prompts</li> <li>• Enjoy the process!</li> </ul>	I know only one thing: "I am present"	

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*The Power of Change*

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# 3 Ways to Train Your Brain and Practice More Gratitude

## 1. Notice Your Surroundings

Learn to practice Mindfulness by tuning into the present moment. The more you focus on the present, the more you'll notice small details throughout your day.

The color of the sky, a smile from a stranger, or an offer of kindness from a friend.

Become more aware of your thoughts, feelings, and surroundings.

## 2. Be Thankful For The Little Things

It's easy to be thankful for good times and happy events; graduating from college, getting your dream job, or buying your first home. It's much more difficult to be thankful for the small things that happen every day, especially when you're experiencing challenging times.

## 3. Show Gratitude For Your Loved Ones

At some point in our lives, most of us are guilty of taking for granted those closest to us.

By being mindful and practicing gratitude, it's easy to say thank you to those that support you.

Learn to be present and appreciate those who stand by you in good times and bad.

## The Benefits of Gratitude

- Stronger immune systems
  - Lower blood pressure
- Higher levels of positive emotions
- More joy, optimism, happiness, and pleasure.
- Feeling less lonely and isolated

Practicing gratitude helps maintain a positive mindset. It helps you consider a new perspective - one that you may not have considered otherwise.

Practicing gratitude helps you find hidden blessings during difficult times.

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