



Mindfulness Journal

Month _____

Day _____

How do you feel this morning?

1 2 3 4 5 6 7 8 9 10

Goals for today...

MIND

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BODY

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NUTRITION

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BRIDGES
STRENGTH. HOPE. COMMUNITY.

How do you feel this evening?

1 2 3 4 5 6 7 8 9 10

How did you do meeting your goals?

_____ **MIND** _____

1 2 3 4 5 6 7 8 9 10

Notes:

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_____ **BODY** _____

1 2 3 4 5 6 7 8 9 10

Notes:

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_____ **NUTRITION** _____

1 2 3 4 5 6 7 8 9 10

Notes:

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What is one thing you are grateful for today?

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