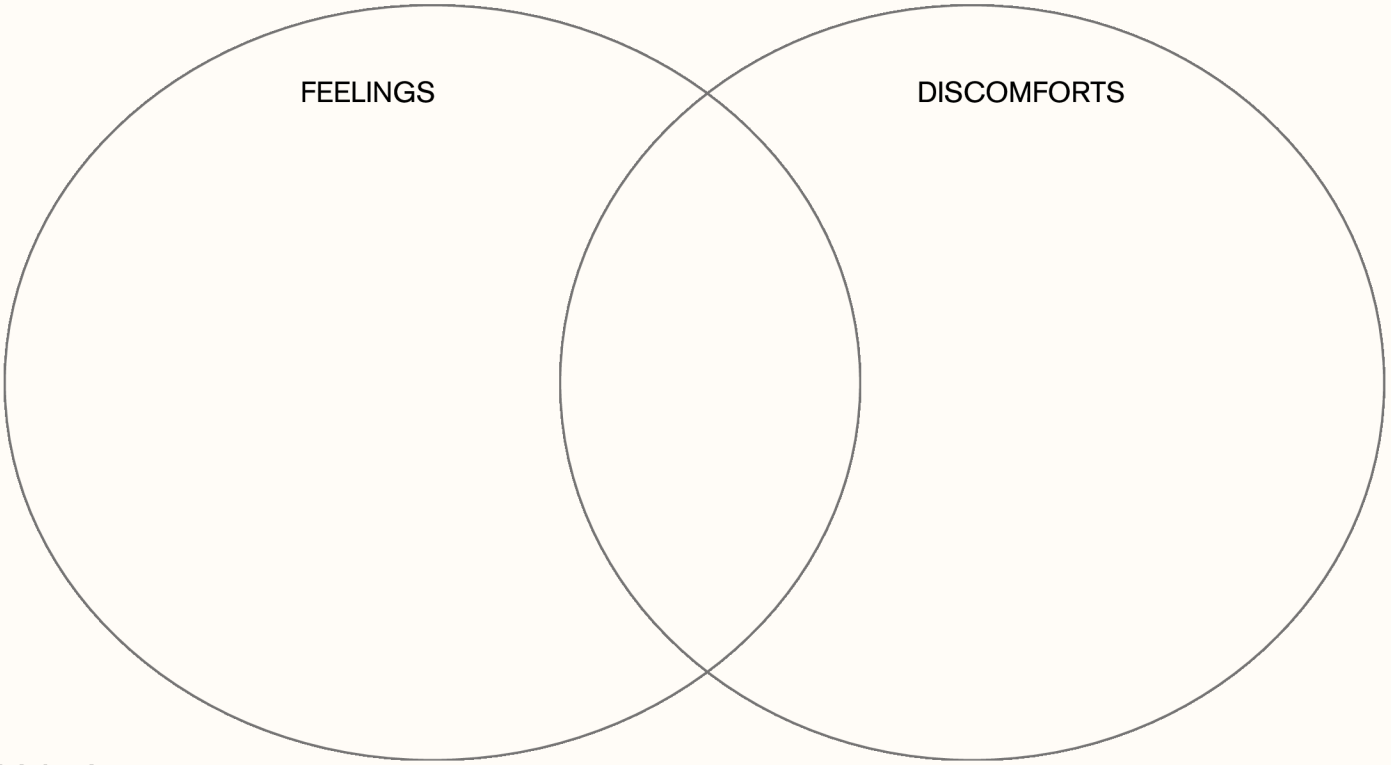
MINDFULNESS JOURNAL 1.0

DAY: MONTH: YEAR:



LESSONS

MINDFULNESS TRACKER

SELF-CARE	1	2	3	4	5
NUTRITION	1	2	3	4	5
FITNESS	1	2	3	4	5
SLEEP	1	2	3	4	5
PRODUCTIVITY	1	2	3	4	5

I AM PROUD OF

How to Use Your Mindfulness Journal

1. **Start with the basics**:
   - **Date**: Write the date at the top of each page. This helps you track your progress over time.
   - **Feelings & Discomforts**: In the Venn diagram, list your dominant feelings and discomforts for the day. Feelings can be emotions like joy, sadness, anger, etc. Discomforts could be physical pains, anxieties, or anything that feels unpleasant. Use the overlapping space to note feelings that are linked to a discomfort.
   - **Lessons**: Reflect on what you learned today. This could be a new insight, a valuable lesson from an interaction, or a realization about yourself.
   - **Mindfulness Tracker**: Rate your level of mindfulness in each area using the scale of 1-5.
   - **I Am Proud Of**: Write down something you are proud of today. This could be a small accomplishment or a personal victory.

2. **Be honest and open**:
   - There are no right or wrong answers.
   - Don't worry about perfect grammar or spelling.
   - Just be authentic and write down what comes to mind.

3. **Reflect regularly**:
   - Try to write in your journal daily, or at least a few times a week.
   - It's helpful to review your entries periodically to see patterns and how you've grown over time.

4. **Use your journal to**:
   - Connect with your inner self: Observe your thoughts and feelings without judgment.
   - Develop self-awareness: Identify your triggers and patterns of behavior.
   - Practice gratitude: Focus on the positive aspects of your life.
   - Set goals: Use your journal to track your progress towards personal goals.
   - Reduce stress: Release your worries and anxieties onto the page.