



MINDFULNESS JOURNAL

What emotions are you feeling right now and why?

How does your body feel at this moment?

What was the most peaceful moment you experienced today?

What are three things you're grateful for today?

What is something you would like to let go of?

How can you be more present in your daily life?

What are five things you love about yourself?

What does self-care look like for you?

What are your intentions for tomorrow?

How do you express love to those around you?

Write about a recent experience that brought you joy.

What's a new habit you'd like to cultivate and why?

How can you add more mindfulness to your eating habits?

What's a positive affirmation that resonates with you right now?

What are you looking forward to in the coming week?