MINDFULNESS DAILY JOURNAL

DATE:
Mo Tu We Th Fr Su
MY MOOD TODAY: (2) (2) (2) (2) (3)
MEDITATION O
HOW LONG? HOW WAS IT?
OTHERS:
I CHOOSE TO FEEL TODAY MY FOCUS MY FOCUS
I FEEL INSPIRED BY MY GOOD HABITS MY GOOD HABITS
TO-DO LIST I'M GRATEFUL FOR