



the
MINDFULNESS
journal®



finding CALM

With stress and anxiety spiking around the globe, mindfulness practices can help us stay centered and serene.



express
YOURSELF

Journaling is a cornerstone of mindfulness that can cultivate gratitude, create higher self-awareness and improve how we deal with distress.



SPRING in your step

Write some of the best things you love about spring.

Recall one or two childhood memories of the season.

What are you looking forward to doing as the weather warms?

love yourself FIRST



What does self-care mean to you?

What have you done lately just for you?

In what ways can you add more "me time" to your life?



practicing GRATITUDE



What about your home life are you most grateful for?

Name three things about your work life that you appreciate.

1

2

3

What about your inner or spiritual life are you thankful for?

RISING above mistakes



Name three mistakes you've made that you have a hard time forgiving yourself for.

1

2

3

Describe how letting go of these mistakes would be in your best interest.



worrying WELL

What are the top things you feel anxious about today?

Write down the what-ifs that might happen in these situations.

Make a list of actions you can take to address each of the what-if worries.



your true SELF



After reading the story on page 30, think about how you would act if you truly lived free of fear.

How would you be different if you trusted you wouldn't fail in your endeavors? Describe.

How would you dance, sing, work, make love, hang out with your friends or treat your family without fear holding you back?



WORKING IT



What is one lesson or takeaway you learned today while on the job?

What big thing(s) did you accomplish today?

In what ways did you connect with your colleagues?

TELL

ALL

“The one thing
that you have that
nobody else has is you.
Your voice, your mind,
your story, your vision.”
—Neil Gaiman

Describe 10 interesting things about yourself.

1

2

3

4

5

6

7

8

9

10

back to the FUTURE



Describe a life event that played a significant role in who you are today.

Write about a family member or mentor who influenced your life.

What would your younger self like about you now?

the write STUFF



What type of journaling do you like to use: free-flow writing, bullet journaling, gratitude journaling or another style? Why does this work for you?

Choose one feeling and write whatever comes to mind about it for the next few minutes. Don't worry about spelling or grammar. Just let it flow.

your unique ROOTS



Exploring your family history can shed light on how your background shaped who you are.

What makes your family different from others? Does this make you proud or cause you pain?

What are some traditions that your family observes? How are they significant?

Do you carry on those traditions? Why or why not?



that's what I LIKE ABOUT ME

What are the best parts of your personality?

What key values do you live by (i.e., kindness, non-judgmental of others, never lying)?

Name three things you do well.

1

2

3



PLAYTIME



Describe play activities that gave you great joy as a child.

What in your adult life has sparked that same carefree feeling?

What are some ways you can bring more fun and games to your lifestyle?



COLOR therapy

What is your favorite color to wear? How does it make you feel?

What colors mean happiness to you? Why?

What colors agitate you or do you dislike?

on the HORIZON



What's one thing you could do today that would make your future self happy?

What are your short-term and long-term goals?
Name three each.

1

2

3

1

2

3

Where do you see yourself living in five years?

recipe for CALM



What method do you prefer for reducing anxiety—meditation, deep breathing, exercise, or all three? Explain your preferences.

What sort of touchstones do you use to prompt yourself to be mindful?

What scent makes you feel serene?



look back at LOVE



Write about a school heartbreak you had—make it colorful and entertaining.

In retrospect, did you blow that disappointment out of proportion? Why or why not?

If you saw that person today, what would you say?

FOOD for thought



What reasons cause you to eat besides hunger?

How many times today (or yesterday if you're writing in the morning) did you eat a meal or snack without thinking about it?

How did you feel after each time you ate today?



the art of MINDFULNESS

Doodling, drawing and other creative activities help us be present in the moment by encouraging us to notice the sensations we're experiencing.

MINDFUL DOODLING

CASUAL DRAWING WITH NO SET PURPOSE CAN CALM YOUR MIND AND RECHARGE YOUR MENTAL ENERGIES. FOR THIS ACTIVITY, RELAX AND LET YOUR FEELINGS GUIDE YOUR MARKER.

Doodle Baseballs and Baseball Caps

Doodle Fanciful Spring Hats

Doodle Canoes

Doodle Kites

MINDFUL DRAWINGS

VISUAL CREATIVITY IS A STRESS RELIEVER THAT NOURISHES A DEEPER AWARENESS OF YOUR SURROUNDINGS. WITH THESE EXERCISES, LET YOUR MEMORIES OF SPRING INSPIRE YOUR ART.

Draw an Easter Egg Hunt

Draw a Spring Flower Garden

Draw a Sunrise

Draw a Starry Night Sky

MINDFUL COLORING

THERE'S A REASON COLORING BOOKS FOR ADULTS ARE POPULAR—THEY CAN HAVE THE SAME CALMING EFFECT AS A MEDITATION PRACTICE.



MINDFUL COLLAGE

CUTTING AND PASTING IMAGES AND WORDS TO CREATE A PIECE OF ART IS AN EASY WAY TO LET YOUR SUBCONSCIOUS EXPRESS ITSELF.

*Make a Collage That Captures
Your Idea of Serenity*

*Make a Collage That Conveys
Your Current Mental State*

*Make a Collage of Vivid,
Happy Colors*

*Make a Collage of Things
That Inspire You Right Now*

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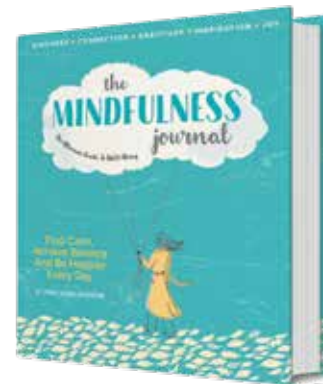
BRIAN THEVENY

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CHECK OUT THESE GREAT READS!



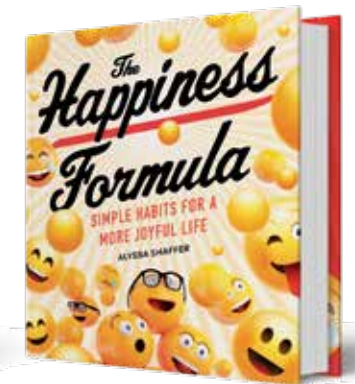
Your Guide to Well-Being

Mindfulness is the perfect antidote to our stressful lives. This planner, filled with prompts and activities, will help you achieve your life goals while having a smile on your face.



A Year of Living Mindfully

This planner introduces practices that will help you live each day with serenity and grace, and will guide you through any challenges that come your way.



Your Mindset Can Change Your Life!

Welcome to a world where you make your own happiness...where no one can take an ounce of joy away from you. Includes 125 easy ways to boost well-being.



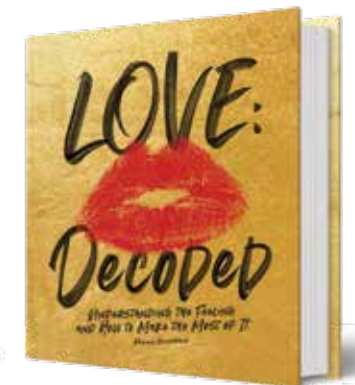
Find Your Zen & Feel Better

Discover the science behind our everyday anxieties, and how to develop important coping skills for your daily life. Plus: 50 simple ways to relieve stress right away.



Roll Out That Yoga Mat!

Tone your muscles, burn calories and clear your mind with the poses in this book. Often, you can get the benefits in as few as 10 minutes!



All You Need Is Love!

Delve into the science of love, with insight from top researchers on the history of marriage, how to make long-term relationships last, new thinking in sex therapy and more.

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**“THOSE WHO ARE AWAKE
LIVE IN A STATE OF
CONSTANT AMAZEMENT.”**

JACK KORNFELD

**“I CAN SHAKE OFF EVERYTHING AS
I WRITE; MY SORROWS DISAPPEAR,
MY COURAGE IS REBORN.”**

ANNE FRANK

**“WHAT YOU SEEK IS
SEEKING YOU.”**

RUMI

