

My Mindfulness Journal



Gratitude

- Write about a family member that has inspired some of your personal or professional choices.
- What is a book that prompted you to change your perspective on life? How has the change affected you?
- What's a place you have visited that makes you feel the most comfortable? Why?
- Write about a friend whose life you admire. In what ways can they impact your daily choices?
- Write about a friend who admires your life. Give yourself credit for the life choices that they admire in you.
- What are your favorite aspects of your personality? Why do you admire those traits and how have they benefited you?
- Write about one piece of art that resonates with you. It can be a song, a painting, or a film. How does it make you feel? What memories does it bring up?
- What aspects of your health are you grateful for? How do you show your body you appreciate it?
- Write about a pet you have/had that brought you joy and taught you lessons about love and responsibility. What else did you learn from them?
- What events happened during your day that you feel special? What were they and why did they have an impact on you?



Reflections

- Reflect on a memory from your childhood that makes you smile. Why do you think that event stuck with you?
- Write about a stressful event you encountered today. What sensations did you feel in your body as the event unfolded?
- What's one decision you had to make this week that felt especially challenging?
- Reflect on a difficult memory from your childhood. What have you learned from that experience?
- What's one lesson from your childhood that shaped the way you view the world? Why was it so impactful?
- Reflect on a time that you could have communicated better. Where did you go wrong and how can you improve?
- What's one personality trait that you want to work on or better understand?
- What is one goal that you are currently working towards? Why is it important to you?
- Write about your current connection to love. What does love mean to you? How do you let others know you love them?
- How do you want people to remember you? Think about the legacy you hope to leave behind. How do you want to impact others' lives?



Short Practice

- List three things that made you smile today.
- What one emotion are you feeling right now? How long have you been this way? What prompted it?
- List three things you are grateful for.
- What sensation(s) are you feeling in your body right now?
- What was one challenge you faced today?
- What was one thing you accomplished today?
- Write about an impactful conversation you had today.
- Write about one act of kindness you saw/did today.
- Write about a song you like and how it makes you feel.