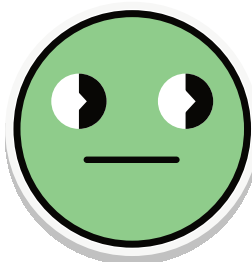


MY MINDFULNESS JOURNAL

TODAY I AM FEELING...



CIRCLE A FACE AND WRITE DOWN HOW YOU FEEL: _____

3

THINGS I AM GRATEFUL FOR:

1. _____

2. _____

3. _____



BEST THING THAT HAPPENED TO ME TODAY:

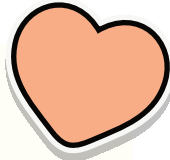


SOMETHING THAT MADE ME SMILE OR LAUGH:



SOMETHING I AM PROUD OF DOING:

Three horizontal lines for writing.

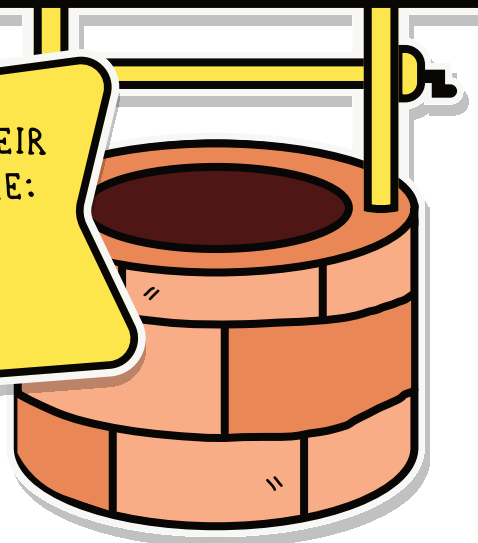


I PRACTICED KINDNESS TOWARD OTHERS BY:

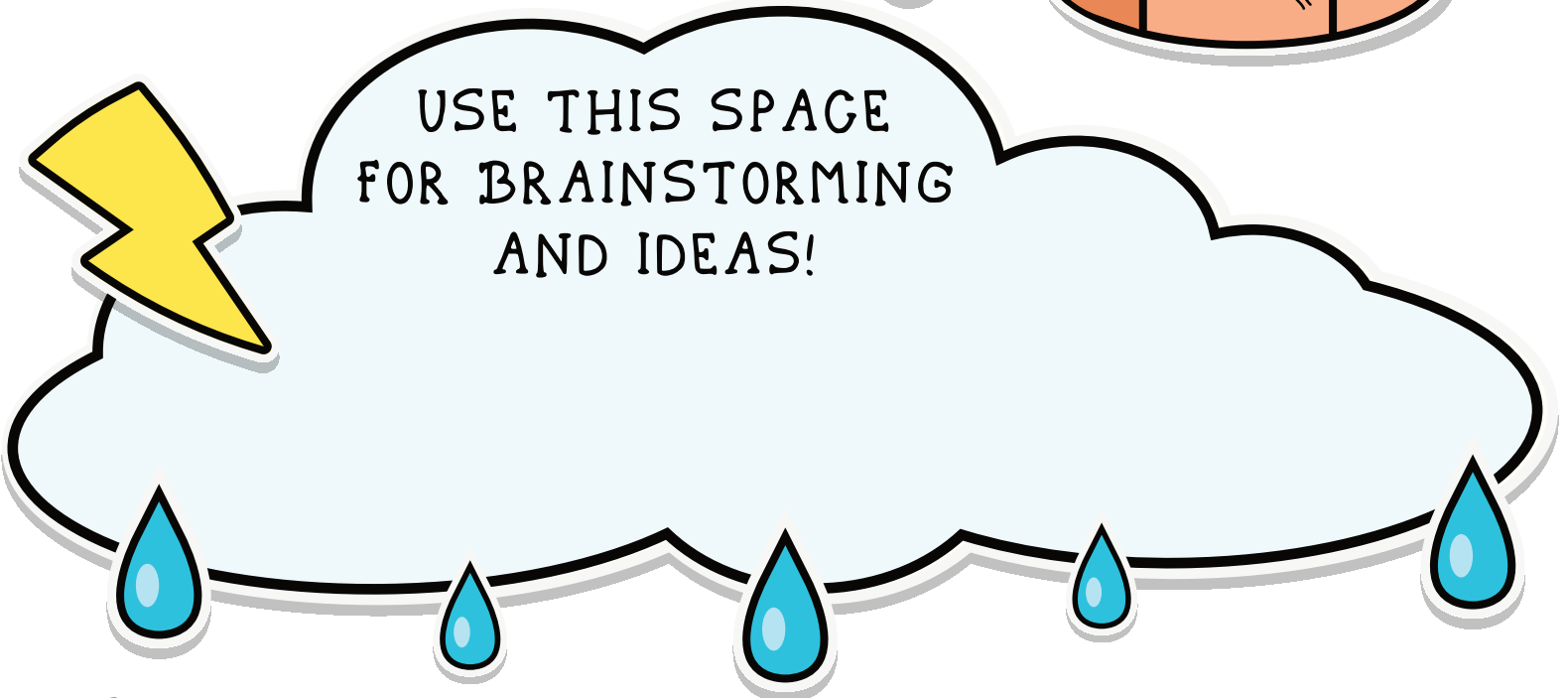
Three horizontal lines for writing.

WHO AM I WISHING WELL TODAY?

WRITE THEIR NAME HERE:



USE THIS SPACE FOR BRAINSTORMING AND IDEAS!



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