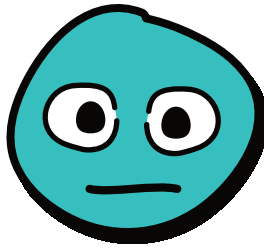
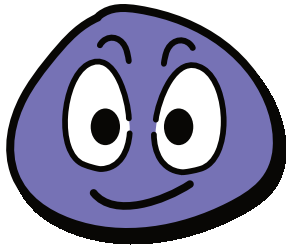
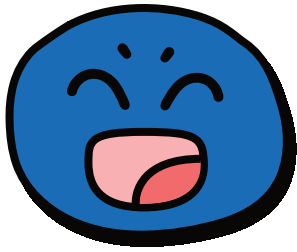


DATE: _____

MY MINDFULNESS JOURNAL

TODAY I AM FEELING...



CIRCLE A FACE AND WRITE DOWN HOW YOU FEEL: _____

Today's Recap

3

THINGS I AM GRATEFUL FOR:



- _____
- _____
- _____

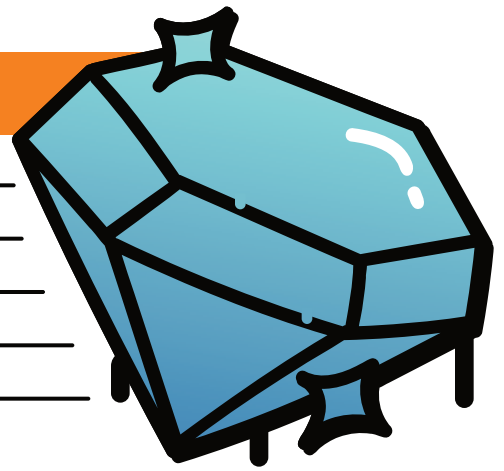
SOMETHING THAT MADE ME SMILE

BEST

THING THAT HAPPENED TO ME:



SOMETHING I AM **FROUD** OF DOING:

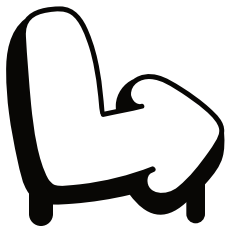


I CAN PRACTICE **KINDNESS** TOWARDS OTHERS BY:



WHO AM I WISHING WELL TODAY?
WRITE THEIR NAME BELOW:

USE THIS SPACE FOR BRAINSTORMING AND IDEAS!



These materials were made possible by the 32n OST Grant awarded by the Michigan Department of Lifelong Education, Advancement, and Potential (MiLEAP).