



My Mindful Minute

DATE _____
MONTH _____

THIS MONTH'S INTENTION:
DID I LIVE IT TODAY?

TODAY I FELT _____



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DID I LIVE IT TODAY?

TODAY I FELT _____

THE MINDFUL EXERCISE I COMPLETED TODAY:

DID MY MIND WANDER OR DID I MANAGE TO STAY PRESENT?

WHEN I WAS WHEN I FELT TRULY PRESENT? WHAT WAS I DOING?

THE SMALL ACT OF KINDNESS I NOTICED TODAY:

WHAT I FELT GRATEFUL FOR TODAY:

POSITIVE THINGS THAT HAPPENED TODAY:

"IF YOU WANT TO WALK IN BEAUTY, YOU MUST INCLUDE BOTH THE SUN AND THE MOON."
- PROVERB

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THE SMALL ACT OF KINDNESS I NOTICED TODAY:

WHAT I FELT GRATEFUL FOR TODAY:

POSITIVE THINGS THAT HAPPENED TODAY:

"THE UNDOING OF THE MIND IS THE DOING OF THE MIND."
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That Was Now A Mindful Journal

Rachel Sandford



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