

My Mindful Day

A DAILY PRACTICE OF GROUNDING AND INTENTION

DATE: _____



Morning Intention

WHAT ENERGY DO I WANT TO BRING TO TODAY?

- _____
- _____
- _____

Body & Mind Check-in

SCAN YOUR PHYSICAL AND EMOTIONAL STATE.

USUALLY I FEEL... _____

TODAY I NEED... _____

One Kind Act for Myself

HOW WILL I SHOW UP FOR MYSELF TODAY?

Release & Let Go

WHAT IS OUT OF MY CONTROL THAT I CAN LEAVE BEHIND TODAY?

Moments of Joy

NOTICE THE SMALL, QUIET, AND BEAUTIFUL THINGS.

Daily Gratitude

I AM DEEPLY THANKFUL FOR...

- _____
- _____
- _____

SWAP THE EVENING DOOMSCROLL FOR GENTLE PUZZLES AND MINDFULNESS PROMPTS WITH STILL MIND SUDOKU AVAILABLE AT WOODYEARBOOKS.COM/MINDFUL