

## Mindfulness Journal

MOD MOCKers



**INCLUDES 14 PAGES** 

### Crafting Your Path to Emotional Wellness

YOU CAN SELECT AND PRINT THE PAGES YOU WANT TO USE FOR JOURNALING AND TO TRACK YOUR MOOD.

TO FULLY HARNESS THE POTENTIAL OF THE MINDFULNESS JOURNAL, CONSIDER THESE STEPS:

- 1. DAILY CHECK-INS: START EACH DAY WITH A BRIEF MOMENT TO ASSESS YOUR EMOTIONS. USE THE MOOD TRACKER TO NOTE YOUR FEELINGS AND OBSERVE ANY PATTERNS OVER TIME.
- 2. REFLECT AND REVIEW: USE THE JOURNAL TO REFLECT ON THE HIGHS AND LOWS AT THE END OF EACH WEEK REVIEW YOUR ENTRIES.
- 3. SET INTENTIONS: USE THE JOURNAL TO SET DAILY OR WEEKLY INTENTIONS. WRITE AFFIRMATIONS THAT COUNTER ANY NEGATIVE BELIEFS AND REINFORCE POSITIVE ONES.
- 4. SENSORY SUPPORT: ENHANCE YOUR JOURNALING WITH ESSENTIAL OILS. DIFFUSE THEM AS YOU WRITE, OR APPLY THEM TO PULSE POINTS TO CREATE A CALMING ATMOSPHERE THAT SUPPORTS EMOTIONAL CLARITY.

Beyond Possibilities
Unlift, Inspire, Empower, & Educate

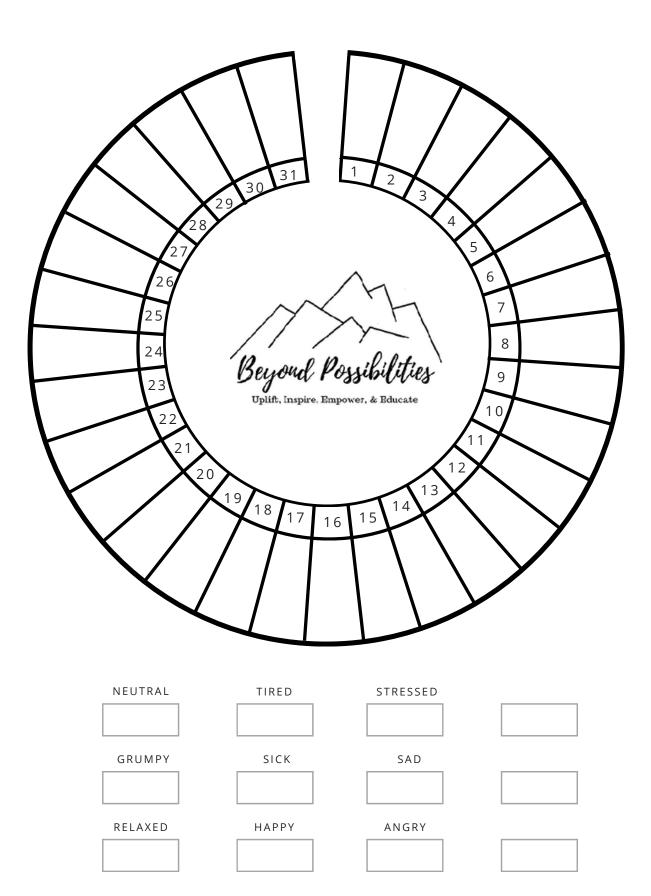
# MINDFULNESS

This Book Belongs To



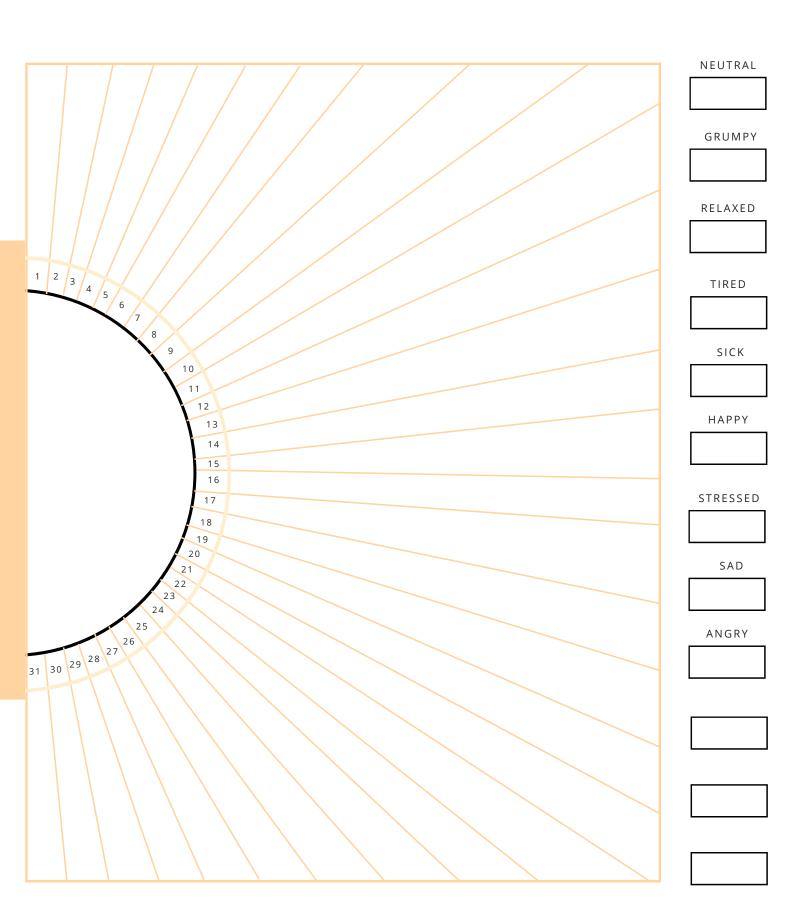
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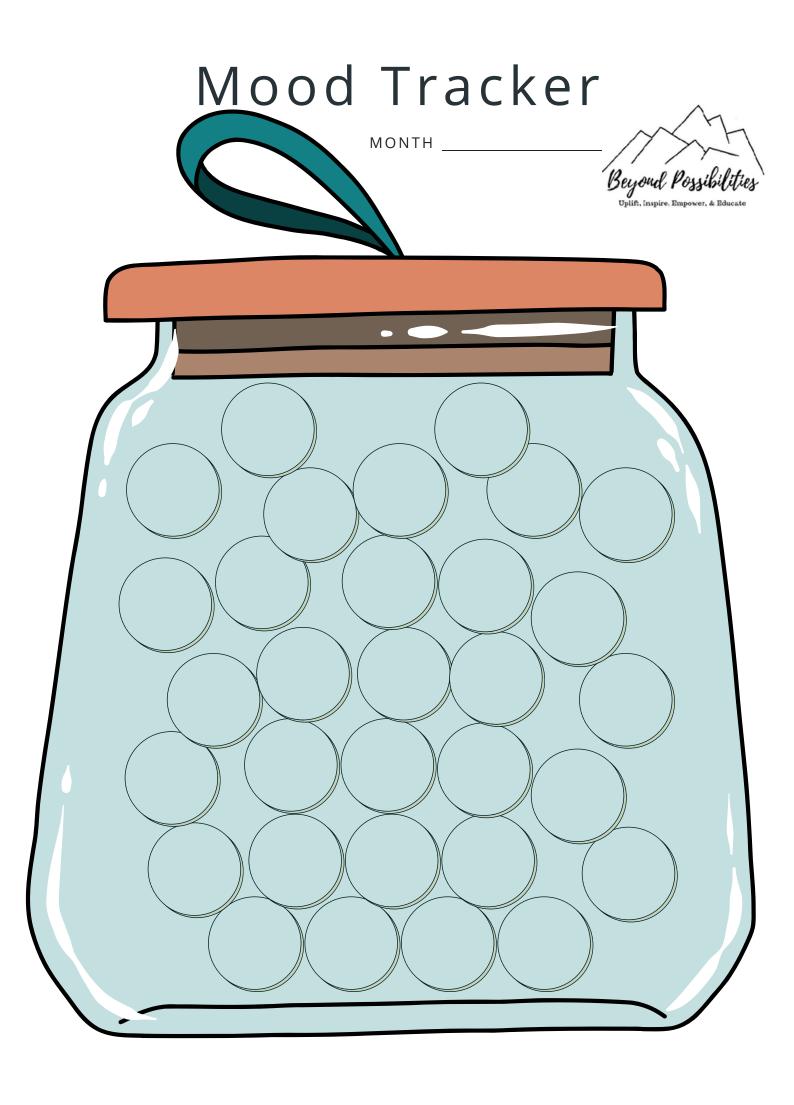
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