

Instructions on how to complete the Mindfulness Routine Sheet

Step I.

Identify your favorite mindful practices and when you want to do them.

Step II.

Write down your mindful schedule that you think may work for you.

Step III.

Commit to following through on the mindful schedule that you've developed

Step IV.

Think about how that mindful practice went. Did you do it? Did you like it? Think if you would want to do this again or what you would do differently.

Step V.

Repeat what works for you.

Mindfulness Routine

Use this planner to write down what mindful activities you want to practice and how it went.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Morning

Morning

Morning

Morning

Morning

Morning

Morning

Afternoon

Afternoon

Afternoon

Afternoon

Afternoon

Afternoon

Afternoon

Evening

Evening

Evening

Evening

Evening

Evening

Evening