

Mindfulness Journal



@maternalniagara



What is mindfulness?

Mindfulness is the practice of paying attention to the present moment with openness and without judgment. It involves noticing your thoughts, feelings, bodily sensations, and surroundings as they are, rather than getting caught up in the past or worrying about the future.



Mindful Breathing

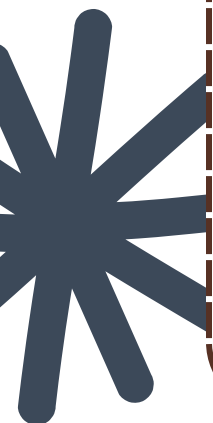
- Sit comfortably and close your eyes if you want.
- Take slow, deep breaths—in through your nose, out through your mouth.
- Focus your attention on the feeling of the air moving in and out.
- When your mind wanders, gently bring it back to your breath.
- Do this for 2-5 minutes.



Daily Intention



Today, I intend to be mindful of:



- What I hope to notice or appreciate today:



5-4-3-2-1

Grounding Technique



Use your senses to connect with the present moment:

- **Name 5 things you can see**

- **Name 4 things you can touch**

- **Name 3 things you can hear**

- **Name 2 things you can smell**

- **Name 1 thing you can taste**

Daily Check-in Chart

Use this chart to record your daily experience. You can fill in the boxes with a checkmark, emoji, or use different colours—it's up to you!



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I moved my body							
I talked with a friend							
I took care of myself							
I Learn something new							
I helped someone							
I felt overwhelmed							
I felt connected to others							
I felt tired							
I felt focused							
I felt angry							
I felt happy							
I felt sad							
I felt worried							
I felt energetic							
I felt bored							

Emotions Reflection

- What emotions am I experiencing right now?

A large dashed rectangular box with rounded corners, intended for the user to write their response to the first question.

- Can I observe these emotions without judgment?

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- What might these emotions be trying to tell me?

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Gratitude List

- List 3 things I'm grateful for today:



Acts of Kindness

- One kind thing I did for myself or others today:



- How did it feel?

