



# DAILY MINDFUL JOURNAL

CHANGE YOUR THOUGHTS,  
CHANGE YOUR LIFE

## HOW TO GET THE MOST OUT OF THIS JOURNAL

JOURNALING IS A POWERFUL TOOL TO HELP  
MAKE BIG CHANGES IN YOUR LIFE. IT  
ALLOWS YOU TO REFLECT AND PLAN.

BEFORE YOU WRITE SOMETHING, SPEND A  
FEW MINUTES IN COMPLETE SILENCE WITH  
YOUR EYES CLOSED IN DEEP THOUGHT. FEEL  
THE ENERGY THAT YOU WANT TO BRING TO  
YOUR DAY IN THE MORNING AND REFLECTING  
ON THE ENERGY FROM THE DAY'S EVENTS AT  
NIGHT.

DO THIS JOURNAL ENTRY EVERY MORNING &  
NIGHT FOR 2 WEEKS. TRACK YOUR  
PROGRESS. YOU MAY FIND THAT YOUR  
THOUGHTS AND ACTIONS IMPROVE (OR NEED  
IMPROVEMENT!)

JOURNALING IS A HEALTHY HABIT THAT YOU  
SHOULD DO FOR THE REST OF YOUR LIFE.  
THE PERSPECTIVE THAT IT OFFERS IS TRULY  
PRICELESS. TAKE YOUR TIME AND ENJOY!  
WISHING YOU PEACE & ZEN!



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**MY BIG FOCUS TODAY IS...**

**WHAT IS THE FIRST STEP?**

**TO PROTECT MY ENERGY, I DO NOT  
ALLOW THIS TO DISTRACT ME:**

**MY 3 GRATITUDES ARE...**

**1)**

**2)**

**3)**

**MY AFFIRMATION**



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**MY 1% BETTER IS...**

**MY 3 GRATITUDES ARE...**

1)

2)

3)

**WHAT CAN I DO BETTER?**

**TOMORROW I WILL...**

**MY AFFIRMATION**



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## MY 1% BETTER IS...

WHAT ARE YOU WORKING ON TO BETTER YOURSELF EACH DAY. SMALL STEPS!

## MY 3 GRATITUDES ARE...

1)

YOU CAN MAKE THESE ANYTHING

2) THAT RESONATES WITH YOU

3)

## WHAT CAN I DO BETTER?

WHAT IS ONE THING THAT DIDN'T GO WELL AND YOU CAN IMPROVE UPON?

## TOMORROW I WILL...

WHAT IS ONE SMALL STEP THAT YOU CAN TAKE TOWARD YOUR BIG GOAL?

## MY AFFIRMATION

MAKE THIS A POSITIVE, POWERFUL STATEMENT & SAY IT WITH FEELING!



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## MY 1% BETTER IS...

TODAY I DRANK 64 OUNCES OF  
WATER. REACHED MY DAILY GOAL

## MY 3 GRATITUDES ARE...

- 1) I ENJOYED A MINDFUL WALK IN THE  
PARK WITHOUT ANY TECHNOLOGY
- 2) LIVING SO CLOSE TO MY ADULT  
CHILDREN TO SEE THEM OFTEN
- 3) INVESTING IN MYSELF & FUTURE  
WITH MANIFESTATION MEDIATIONS

## WHAT CAN I DO BETTER?

NOT OVER REACT WHEN DRIVING AND  
THUS PUTTING MYSELF IN A BAD MOOD

## TOMORROW I WILL...

FOCUS ON FORMING MY LLC TO BUILD  
MY OWN COMPANY

## MY AFFIRMATION

EACH DAY I MAKE POWERFUL MOVES TO  
CREATING MY OWN COMPANY