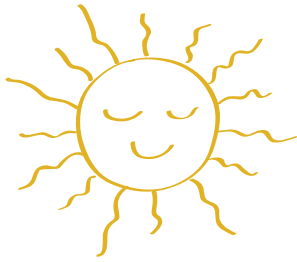


My Daily Mindful Meadow



Hello Sunshine!

Bend – Stretch, Dance, Walk, Get Outside, & Move My Body.

Breathe – Inhale. Exhale. Repeat.

Be – Take a Moment to Just Exist and Connect with Myself.

Seeds of Gratitude

What am I grateful for?

Plant my positive thought for the day:

Dig in the Dirt

What can I do today to feed my dream/goals?

What am I looking forward to?



Measure Today's Growth

Did I move? -----

Did I hydrate? -----

Did I nourish? -----

What made me come alive?

What made me laugh?

Today's Bouquet (best moments)

Tending My Meadow

Top Priority For Today:

Boring But Necessary Tasks:

Planned "Me Time" Activity:

Fill My Bucket

Who can I connect with today?

How can I spread some kindness?



Today's Dandelions

What challenges or struggles did I face?

What can I change?

What am I letting go?

Did I clear away the weeds? (Y) or (N)
(fears, self doubt, negative thoughts, etc.)

