



Hello Sunshine!

Bend: S □ M □ T □ W □ Th □ F □ S □

Breathe: S □ M □ T □ W □ Th □ F □ S □

Be: S □ M □ T □ W □ Th □ F □ S □

My Weekly Mindful Meadow

Seeds of Gratitude

What am I grateful for?

Plant my positive thought for the week:

Dig in the Dirt

What can I do to feed my dream/goals?

What am I looking forward to?



Measure My Growth

Did I move? -----

Did I hydrate? -----

Did I nourish? -----

What made me come alive? -----

What made me laugh? -----

This Weeks Bouquet (best moments) -----



Tending My Meadow

Top Priorities:

Boring But Necessary Tasks:

Planned 'Me Time' Activities: -----

Fill My Bucket

Who can I connect with this week?

How can I spread some kindness?



The 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.)