

# LIVE ON PURPOSE TODAY!

## A Daily Mindful Journal



Overall intention for today: Just for today, I choose to:

How will I choose to practice mindfulness today?

- Spend 5 minutes meditating
- Do a body scan
- Observe & journal my thoughts
- Do an activity mindfully
- Acknowledge & sit with an emotion
- Spend 5 minutes stretching
- Practice a breathing technique often
- Be present in a conversation
- Eat a meal/snack mindfully
- Connect with & observe nature

End of Day Thoughts

How was I kind to myself today?

How did my intention affect my experiences & choices today?

Gratitude List:

- 1.
- 2.
- 3.

### MINDFUL PRACTICES:

#### **Train Your Brain~ Breathing Meditation**

- Sit comfortably & let your eyes close.
- Bring your attention to your breath. Feel the cool air come in through the nostrils & the warmer air exiting.
- Focus on how your body moves with each inhale & exhale.
- Notice when your mind wanders, name what happened, (judging, planning, worrying etc.) & gently guide your attention to your breath.

#### **Observe Your Body~ Body Scan**

- Sit or lie down comfortably.
- Close your eyes if you wish.
- Bring your attention to your body.
- Simply observe how each body part feels.
- Notice if you sense tension in an area & gently use your breath to release it.
- Feel your whole body supported, grounded & relaxed.