

MINDFULNESS TRACKER

DATE:

S M T W T F S

VISUALIZATION

MY FOCUS FOR
THE DAY

WHAT DO I NOTICE AROUND
ME?

HOW DO I FEEL IN THIS MOMENT?

A GRATITUDE FOCUS.

MINDFULNESS BARRIERS I NOTICED
TODAY

MY MINDFUL MOMENTS CHECKLIST



MY DAILY AFFIRMATION

MINDFUL ACTION I WILL TAKE TODAY

*EX: I WILL TAKE A MOMENT TO BREATHE
BEFORE ADDRESSING DIFFICULT
CONVERSATIONS*

*I WILL NOT BE OVERWHELMED BY THE NEWS
OR SOCIAL MEDIA. I WILL DISCONNECT FROM
DEVICES FOR 10 MINUTES*

REFLECTION OR GRATITUDE FOR THE DAY