

Mindfulness  
JOURNAL™



# Mindfulness

## JOURNAL

### GROWTH ZONES OF MINDFULNESS



“ARE YOU ALWAYS TRYING TO GET SOMEWHERE OTHER THAN WHERE YOU ARE? IS MOST OF YOUR DOING JUST A MEANS TO AN END? IS FULFILLMENT ALWAYS JUST AROUND THE CORNER OR CONFINED TO SHORTLIVED PLEASURES, SUCH AS SEX, FOOD, DRINK, DRUGS, OR THRILLS AND EXCITEMENT?”

.....

.....

.....

.....

.....

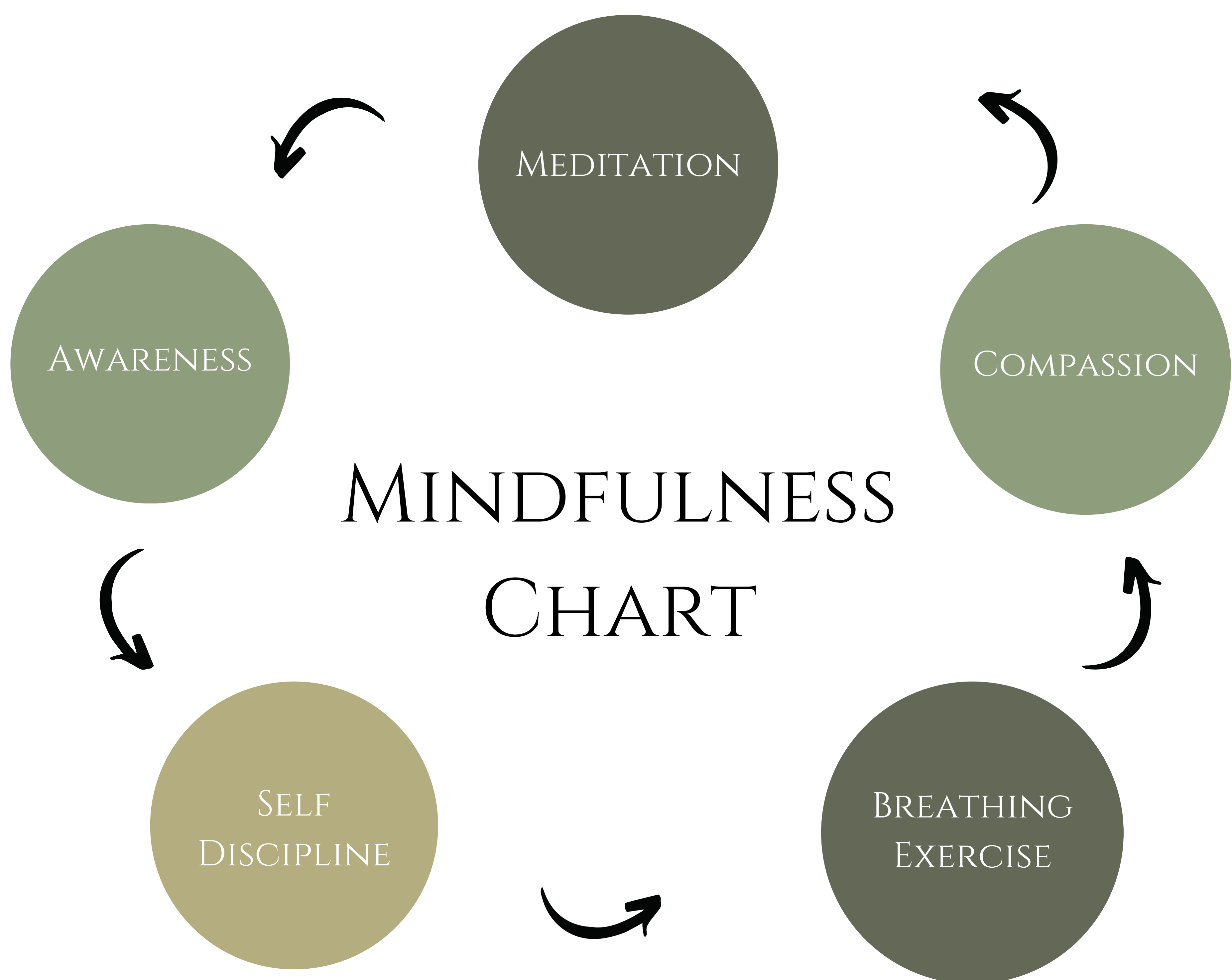
*Eckhart Tolle*



# Mindfulness

## JOURNAL

### DAILY CHARTS FOR MINDFULNESS



Mindfulness helps us develop a stable mind and mood and understand ourselves better. This chart encourages and supports us to do regular practice through discipline and self-compassion.

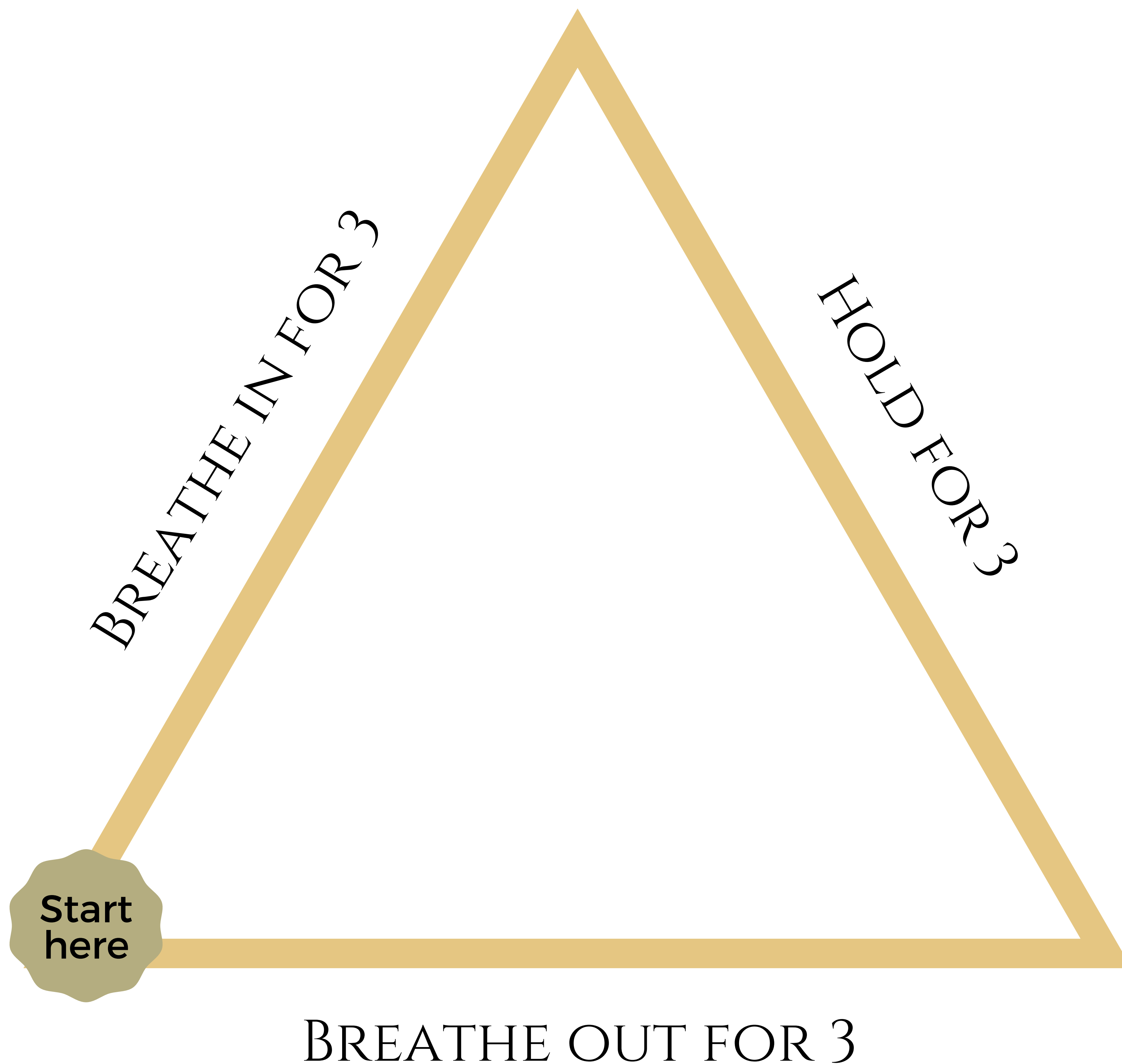
---

---



# Mindfulness JOURNAL

## TRIANGLE BREATHING BRAIN BREAK



Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.

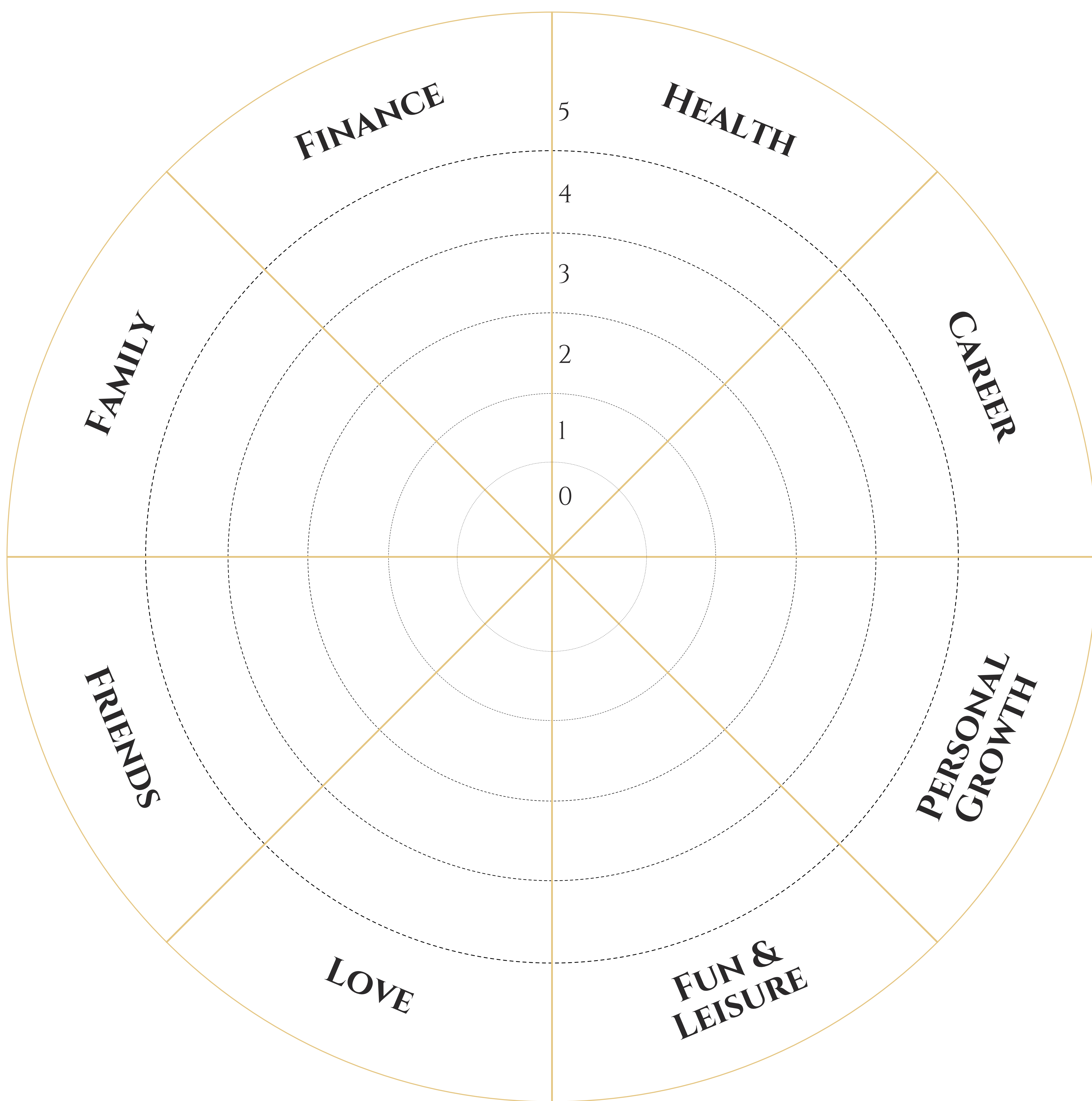


# Mindfulness

## JOURNAL

### WHERE AM I NOW

The 5 bars in each category represent how valuable this factor is to you. Use the result to plan where you should be focusing your time.



---

---



✦ ✦ Mindfulness ✦ ✦  
JOURNAL

DATE .....

These things interfere with my Focused Attention

.....  
.....  
.....  
.....

My attention wanders when:

.....  
.....  
.....  
.....

This is the pattern I have noticed:

.....  
.....  
.....

This is how I plan to regain my focus when my mind wanders:

.....  
.....  
.....  
.....

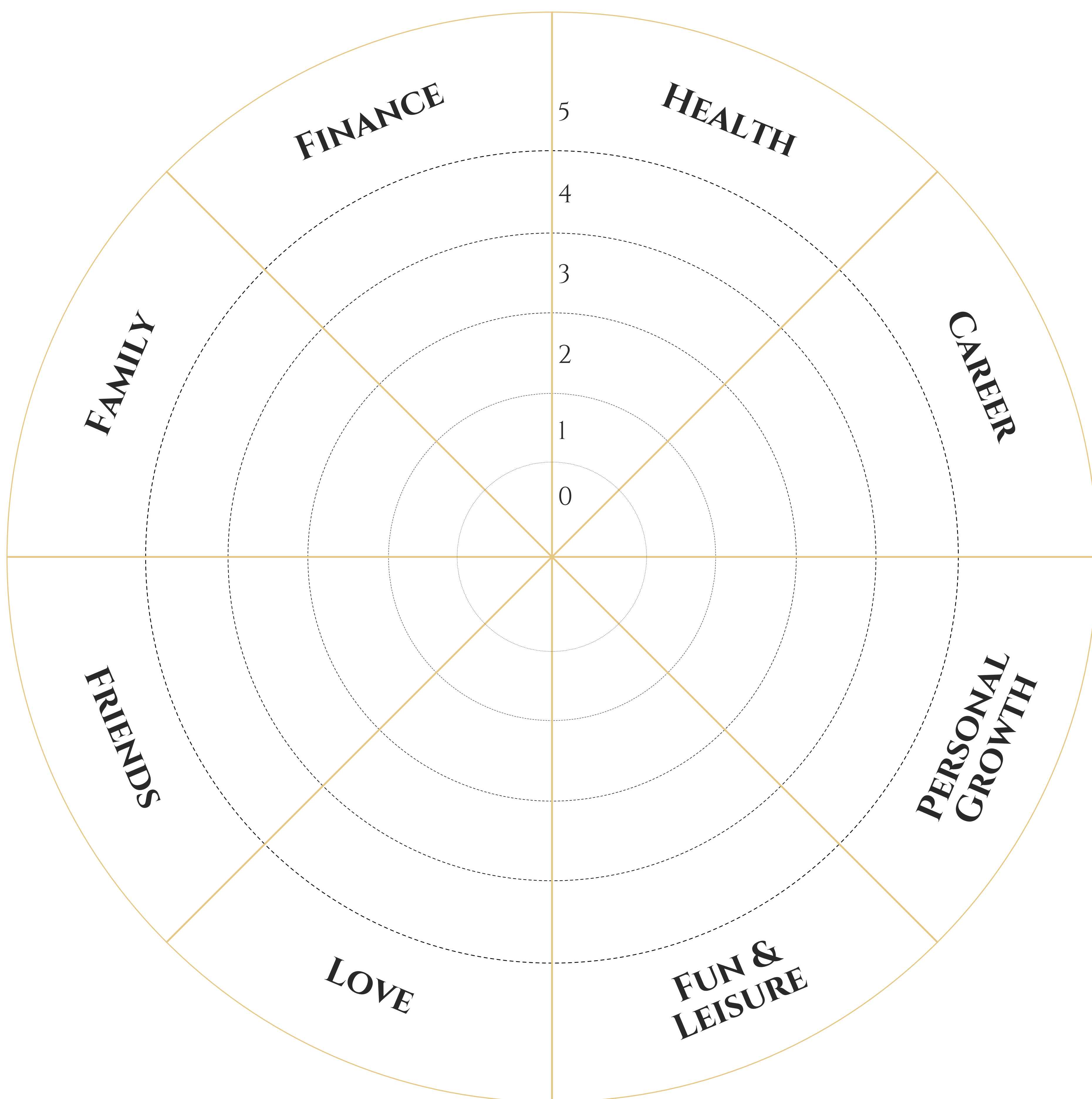


# Mindfulness

## JOURNAL

### WHERE AM I NOW

The 5 bars in each category represent how valuable this factor is to you. Use the result to plan where you should be focusing your time.



---

---



✦ ✦ ✦ *Mindfulness* ✦ ✦ ✦  
**JOURNAL**

**I AM A HUMAN BEING THAT...**

<b>LOVES</b>	
<b>WANTS TO</b>	
<b>IS DRIVEN BY</b>	
<b>IS INSPIRED BY</b>	
<b>HAS A HABIT OF</b>	
<b>IS HAPPIEST WHEN</b>	
<b>BELIEVES IN</b>	
<b>WOULD GIVE</b>	
<b>WILL ONE DAY</b>	
<b>HAS THE GOAL OF</b>	
<b>WHO NOTICES</b>	
<b>IS AFRAID OF</b>	

