

Weekly Mindfulness Planner



Week Commencing

Monday

Daily Mindfulness Task

Tuesday

Daily Mindfulness Task

Wednesday

Daily Mindfulness Task

Thursday

Daily Mindfulness Task

Friday

Daily Mindfulness Task

This week's goals:

This week I have learnt to be thankful for:



ink saving Eco

Mindfulness Meditation Planner

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Mindfulness Meditation Planner:

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