

Weekly Mindfulness Planner



Week Commencing _____

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Mindfulness Task	Daily Mindfulness Task	Daily Mindfulness Task	Daily Mindfulness Task	Daily Mindfulness Task

This week's goals:

This week I have learned to be thankful for:



ink saving Eco

Mindfulness Meditation Planner

CL Gary



Mindfulness Meditation Planner:

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