

# 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

**Hang Mindnote**



## **Mindfulness Meditation Planner:**

**Meditation Journal** Amy Newton,2020-08-25 This beautiful Meditation Journal is a great tool that can help you in tracking your meditations your meditation goals and help you see patterns Meditating can help you reduce your anxiety and stress and can help you increase your gratitude your productivity your creativity and positivity Each inside interior page has a space to record the following Date Time Write the time month day and year How Long Log how long you meditated Mood Tracker Record how you felt before after meditation good neutral or stressed Thoughts Notes Write any specific thoughts that came to mind while meditating Sleep Tracker Log sleep quality hours you slept what time you went to bed dream notes Self Care Tracker Record your mind and spirit health at the moment along with any physical activity or exercise Daily Journal Write any other important detail about your day that you like such as your main focus positive affirmations personal thoughts inspirational quotes creative ideas goals special prayer for the day etc Journaling your meditations is a perfect way to work through any struggles you may have Will also make a great gift Great to look back on and reflect and keep track of your meditations Journal your way to a better you Simple and easy to use Get your copy now Size is 8 5x11 inches 102 pages soft matte finish cover black ink white paper paperback

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