

# Mindfulness Journal

A DAY TO BREATHE,  
REFLECT, AND GROW.

Today I choose to feel

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MOOD TRACKER



HYDRATION TRACKER



(Fill each drop as you drink)

GRATITUDE LIST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

EVENING REFLECTION

Highlight of my day: \_\_\_\_\_

Lesson learned: \_\_\_\_\_

Tomorrow, I will: \_\_\_\_\_

NOTES & REMINDERS