

Mindfulness Journal

What are 3 things you are grateful for or that make you happy?

Date:

1. _____
2. _____
3. _____

What is a goal you have?

Date:

What are ways to achieve your goals?

Date:

How are you feeling or what are you thinking about right now?

Date:

What are your top 3 strengths and why?

Date:

1.

2.

3.

Who or what inspires you to be who you are?

Date:

What helps keep you motivated?

Date:

If you could change one thing
in the world, what would it be?

Date:

What makes you unique?

Date:

What causes you stress?

Date:

What do you do to take care of yourself?

Date:

How do you deal with your emotions?

Date:

What is your biggest dream?

Date:

