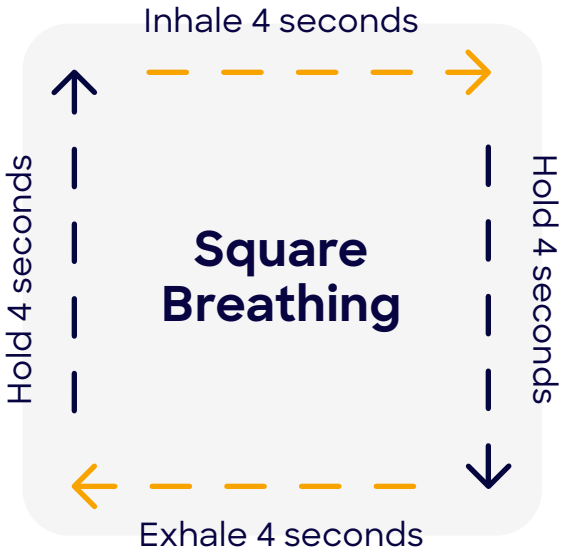
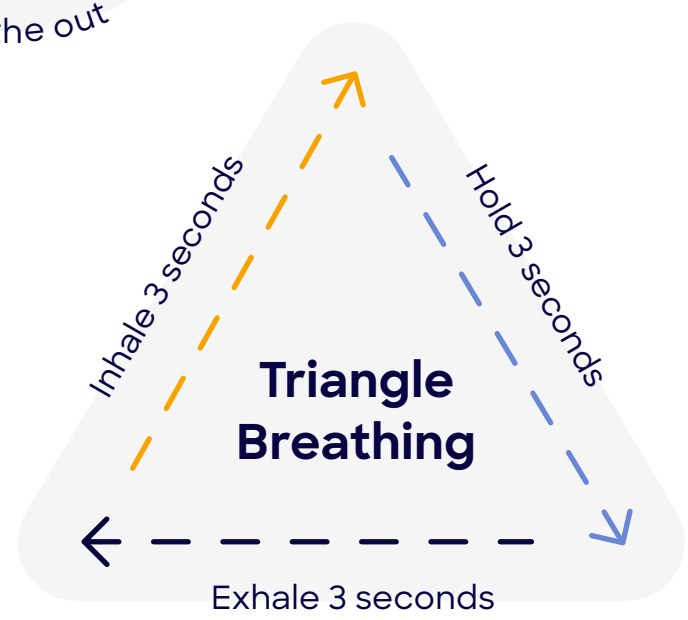
3 Easy Breathing Activities To Inspire Mindfulness

Directions: Trace the shapes while taking deep breaths. Repeat as needed.





Morning Reflections

Date: _____ **Wake-up time:** _____

Reminders

- ☐ Take deep breaths
- ☐ Move and stretch
- ☐ Hydrate
- ☐ Take vitamins
- ☐ Set daily intention
- ☐ Set daily goals

How I'm feeling today:

Today's intention:

Today's top 3 goals:

Today's top 5 tasks:

Evening Reflections

Date: _____ **Bedtime:** _____

Reminders

- ☐ Take deep breaths
- ☐ Do skincare routine
- ☐ Make a cup of tea
- ☐ Take supplements
- ☐ Read part of a book
- ☐ Practice gratitude

How I felt today:

Today's challenges/lessons:

Today's biggest takeaway:

I'm grateful for: