MINDFUL MORNING JOURNAL EXERCISE

Journaling is one of the best ways to work mindfulness into your routine. Fill out the prompts below to help curb negative thoughts, making room for more constructive behaviors while staying focused.

HOW ARE YOU FEELING TODAY?

Date: _____

1 2 3 4 5 6 7 8 9 10

CHECK IN WITH YOUR BODY

Focus on how you feel in this moment.
If you sense any tension, write down where you think it might be coming from.

CHECK IN WITH YOUR MIND

What thoughts are clouding your mind this morning? Write them down and release them.

NOTE YOUR SURROUNDINGS

Reflect on what is happening around you and how it makes you feel.

HOW WILL YOU ADD MINDFUL MOVEMENT TO YOUR DAY?

WHAT ARE YOUR INTENTIONS FOR TODAY?

AFFIRMATIONS: