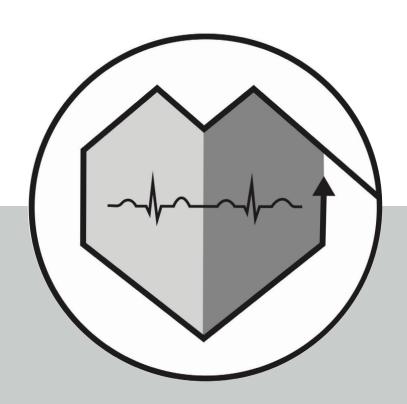
MINDFULLNESS JOURNAL



LIFESTYLE & HEALTH CO





KEY

TASK

TASK COMPLETED

■ TASK MIGRATED

TASK CANCELLED

NOTE

O EVENT

EVENT ATTENDED

APPOINTMENT

* IMPORTANT

URGENT

Year Planner & Events | This page is used to keep all your future events in one place. Anything that occurs in future months such as birthdays, holidays and travel goes here.

Month Overview

This page is designed to give you and overview of the month. Here you can schedule events and tasks or record events after they happen. The task section is designed to help you determine what are the priorities for the month? What remains undone from last month? and What matters now?

Sleep tracker

Sleep is very important for good physical and mental health, to use this page highlight the hours that you are asleep for to help you establish if there are any negative patterns

Habit & Mood Tracker

Shade in the boxes that correlate with your habits and mood each day.

Expense Tracker Brain Dump

Use this page to keep track of your spending

Weekly Planner

Use this page to express everything thats on your mind that dosent fit into another section of the journal Weekly Logs act as a general overview of the week, allowing you to visualize everything you need to do over

the next seven days.

30 minute

Self Care

REST/RELAXATION



LISTEN TO MUSIC

TAKE TIME OUT

BATH/ SHOWER

TAKE A NAP

READ A BOOK

COMPANIONSHIP



TALK TO SOMEONE WHO MEANS ALOT TO YOU

CALL A FRIEND

WRITE A LETTER

MEET FOR COFFEE

HEALTH/SPIRITUALITY



MAKE A HEALTHY SNACK

УOGА

GO FOR A WALK/RUN

MEDITATE

LIFT WEIGHTS

AFFIRMATIONS

EXPRESSION



WRITE

DRAW/PAINT

GARDEN

MAKE MUSIC

OTHER HOBBIES



—— OCT ——	NOV	—— DEC ——
M T W T F S S	M T W T F S S	M T W T F S S
1 2 3 4 5 6	1 2 3	1
7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8
14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15
	18 19 20 21 22 23 24	
28 29 30 31	25 26 27 28 29 30	
		30 31
—— JAN ——	FEB	MAR
M T W T F S S	MTWTFSS	M T W T F S S
1 2 3 4 5	1 2	1
6 7 8 9 10 11 12	3 4 5 6 7 8 9	2 3 4 5 6 7 8
	10 11 12 13 14 15 16	
	17 18 19 20 21 22 23	
27 28 29 30 31	24 25 26 27 28 29	
		30 31
——————————————————————————————————————	——— MAY ———	JUN
——————————————————————————————————————		JUN ————————————————————————————————————
M T W T F S S 1 2 3 4 5 6 7 8 9 101112	M T W T F S S 1 2 3 4 5 6 7 8 9 10	M T W T F S S
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 JUL M T W T F S S	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 SEP
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 JUL M T W T F S S 1 2 3 4 5	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 ——————————————————————————————————	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 SEP
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 JUL M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 AUG M T W T F S S 1 2 3 4 5 6 7 8 9	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 SEP M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 JUL M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 ——————————————————————————————————	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 SEP M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 ——————————————————————————————————	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 AUG M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 SEP M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27
M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 JUL M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 ——————————————————————————————————	M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 SEP M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Events

 $10 \atop {\rm OCT}$

04

 1_{NOV}

05

 12_{DEC}

06

01

07

 0_{FEB}

08

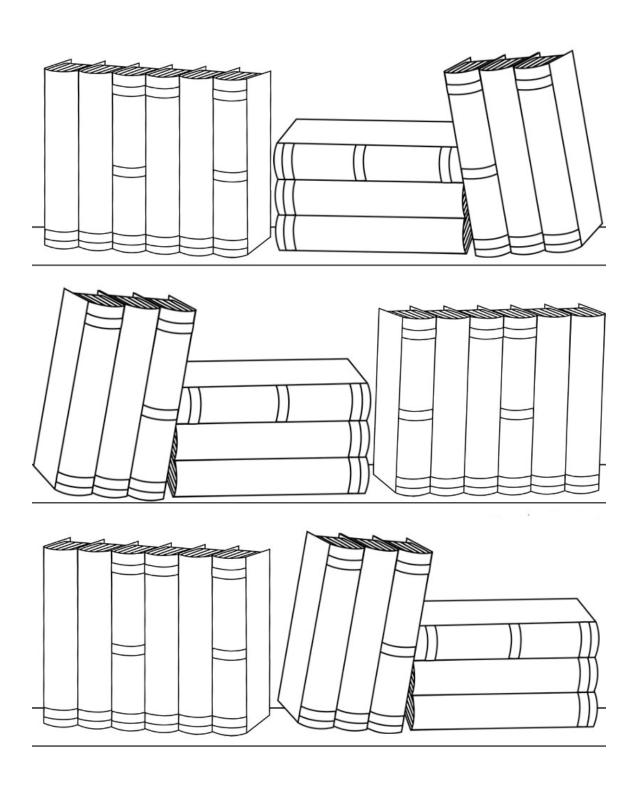
03

09 SEP You ove it to yourself to become everything you dreamed of being

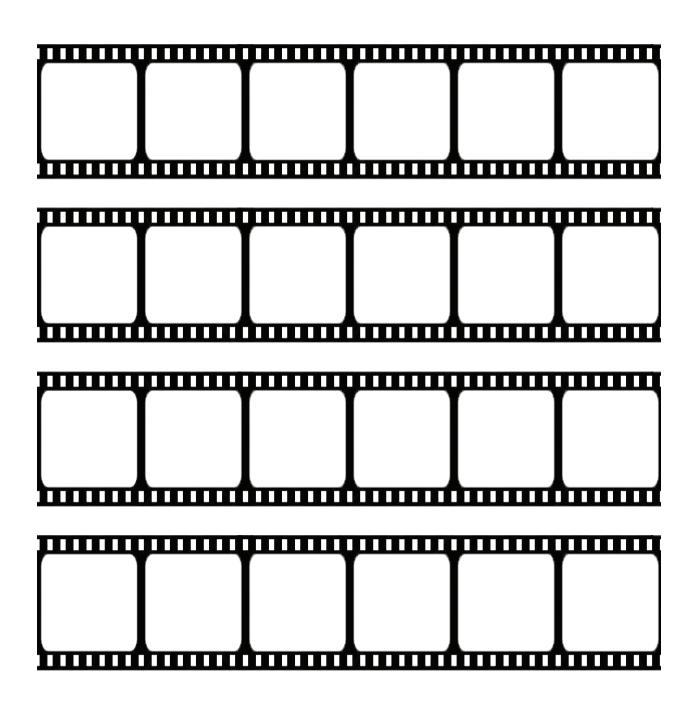
((

IAM ICAN WILL STATE OF THE I'VE DONE

Books Ive Read



Movies Ive Watched





Imagine if we started looking at getting old as a privilege not a guarantee

If rather than settling for monotony and telling yourself that your are to old or incapable, we started filling each day with as much life as possible.

A life where you chased your dreams, celebrate the successes and failures,

loved unconditionally, and live by your truths.

A life not defined by your career or the material things you've acquired

but rather from the meaningful connections you've made and the light that you've brought.

For a life in which we are unashamedly true to our deepest self must be truely to have lived with no regrets.



	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

TASKS:



1	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
2	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
3	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
4	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
5	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
6	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
7	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
8	20:00	21:00	22:00	23:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
9	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
10	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
11	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
12	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
13	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
14	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
15	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
16	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
17	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
18	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
19	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
20	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
21	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
22	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
23	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
24	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
25	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
26	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
27	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
28	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
29	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
30	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00
31	20:00	21:00	22:00	19:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00	10:00



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
H20																															
MEAL PREP																															
HEALTHY FOOD																															
EXERCISE																															
AFFIMATIONS																															
JOURNALED																															
8 HRS SLEEP																															
SOCIALISED																															
JOY																															
НАРРУ																															
EXCITED				\top	\top	\top	\dashv			\dashv	\dashv	\dashv																			
FOCUSED	1			\top		\dashv	\dashv	\top		1	\dashv	1																			
RELAXED	\top	\top	\top	\top	\top	\top	\dashv	\top	\dashv	\dashv	\dashv	\dashv	\dashv	\dashv	\dashv			\neg							\neg						
GRATEFUL	1			\dagger	\top	\top	\dashv			\dashv	\dashv	\dashv																			
L																															
												2	SA	D	W	ΕŞ	S	_													
SAD																															
LONELY																															
DEPRESSED									T																						
DISAPPOINTED		\dagger	\dagger	\dagger				\dagger	\top				\top		\top	\top		\dashv													
L																															
													F	E	Al	7															
SCARED																															
ANXIOUS								\top	\top				\top		\top							\neg		1							
WORRIED		\top	\top	\top			\top	\top	\top	\top	\dagger	\top	\top	\top	\top	\top	1	\top													
STRESSED	\top	\dagger	\dagger	\dagger	\top	\top	\top	\top	\top	\dagger	\dagger	\top	\dashv	\dashv	\dashv	\dashv	\top	\dashv			\dashv	\dashv	7	\dashv		\dashv				\neg	
L																															
													A	N	GE)														
ANGRY																															
FRUSTRATED								\top					\top		\top																
IMPAITENT									\dagger				\top		\top																
GRUMPY		+		+		\top		+	+	\top	\top		+		+		\dashv	\dashv			\dashv	\dashv		\dashv						\neg	

Expense

Groceries

Bills

Eating Out

Description Date \$

Description Date \$

Description Date \$

Other

Description Date \$

Brain Dump

OCTOBER 01 TO OCTOBER 06

:00am :00am			
::00am			
::00am			
0:00am			
1:00am			
1.00am			
2:00pm			
:00pm			
::00pm			
:00pm			
:00pm			
:00pm			
5:00pm			
1			
7:00pm			
:00pm			
:00pm			
	QUC	TEO.	1

FRIDAY	SATURDAY	SUNDAY	TO DO
7:00am			
8:00am			
9:00am			
10:00am			
11:00am			
11.00dili			GOALS
12:00pm			OUNLO
1:00pm			
2.000			
2:00pm			
3:00pm			
4:00pm			
5.00			
5:00pm			MEAL PLANNER
6:00pm			
^			
7:00pm			
8:00pm			
9:00pm			
*			
	I AM GR	ATEFUL FOR	

OCTOBER 07 TO OCTOBER 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00am			
8:00am			
o.ouam			
9:00am			
10:00am			
11:00am			
12:00pm			
1			
1:00pm			
2:00pm			
2.00mm			
3:00pm			
4:00pm			
5:00pm			
6:00pm			
7:00pm			
8:00pm			
9:00pm			

FRIDAY	SATURDAY	SUNDAY	TO DO
7:00am			
8:00am			
0.00			
9:00am			
10:00am			
10:00am			
11:00am			
11.00dili			GOALS
12:00pm			
1:00pm			
2:00pm			
3:00pm			
4:00pm			
5:00pm			MEAL PLANNER
6:00pm			
7:00pm			
8:00pm			
9:00pm			
	I AM GR	ATEFUL FOR	

OCTOBER 14 TO OCTOBER 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00am			
8:00am			
o.ooaiii			
9:00am			
10:00am			
11:00am			
12:00pm			
1:00pm			
2:00pm			
3:00pm			
4:00pm			
4.00piii			
5:00pm			
6:00pm			
7:00pm			
8.00nm			
8:00pm			
9:00pm			
-			
	<u> </u>		1

FRIDAY	SATURDAY	SUNDAY	TO DO
7:00am			
8:00am			
9:00am			
10:00am			
11:00am			
11.004111			GOALS
12:00pm			OUNLO
1:00pm			
2.000			
2:00pm			
3:00pm			
4:00pm			
5.00			
5:00pm			MEAL PLANNER
6:00pm			
^			
7:00pm			
8:00pm			
9:00pm			
*			
	I AM GR	ATEFUL FOR	

OCTOBER 21 TO OCTOBER 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00am			
8:00am			
o.ooaiii			
9:00am			
10:00am			
11:00am			
12:00pm			
1			
1:00pm			
2:00pm			
2.00mm			
3:00pm			
4:00pm			
5:00pm			
6:00pm			
7:00pm			
· · · · · · · · · · · · · · · · · · ·			
8:00pm			
9:00pm			

FRIDAY	SATURDAY	SUNDAY	TO DO
7:00am			
8:00am			
9:00am			
10:00am			
11:00am			
11.004111			GOALS
12:00pm			OUNLO
1:00pm			
2.000			
2:00pm			
3:00pm			
4:00pm			
5.00			
5:00pm			MEAL PLANNER
6:00pm			
^			
7:00pm			
8:00pm			
9:00pm			
*			
	I AM GR	ATEFUL FOR	

OCTOBER 28 TO OCTOBER 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00am			
8:00am			
o.ovaiii			
9:00am			
10:00am			
11.00			
11:00am			
12:00pm			
^			
1:00pm			
2:00pm			
3:00pm			
3.00pm			
4:00pm			
5:00pm			
6:00pm			
7:00pm			
8:00pm			
9:00pm			

Urite down times in your life when you have been truley happy

TO DO	GOALS			MEAL PLANNER			
I AM GRATEFUL FOR							