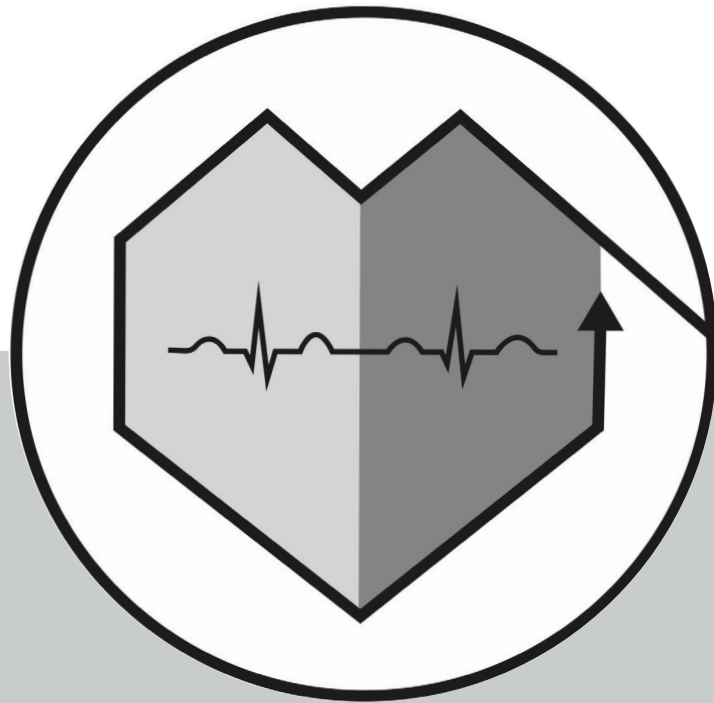


MINDFULNESS JOURNAL



LIFESTYLE & HEALTH CO



THIS JOURNAL BELONGS TO





KEY

<input type="checkbox"/>	TASK	<input type="radio"/>	EVENT
<input checked="" type="checkbox"/>	TASK COMPLETED	<input checked="" type="radio"/>	EVENT ATTENDED
<input type="checkbox"/>	TASK MIGRATED	<input type="checkbox"/>	APPOINTMENT
<input type="checkbox"/>	TASK CANCELLED	*	IMPORTANT
—	NOTE	!	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 an 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	Use this page to keep track of your spending
Brain Dump	Use this page to express everything that's on your mind that doesn't fit into another section of the journal
Weekly Planner	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 A LOT
TO YOU

CALL A FRIEND

WRITE A LETTER

MEET FOR COFFEE

HEALTH/SPIRITUALITY



MAKE A HEALTHY SNACK

YOGA

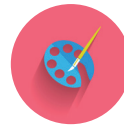
GO FOR A WALK/RUN

MEDITATE

LIFT WEIGHTS

AFFIRMATIONS

EXPRESSION



WRITE

DRAW/PAINT

GARDEN

MAKE MUSIC

OTHER HOBBIES

Year Dinner

OCT

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

NOV

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

DEC

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

JAN

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

FEB

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

MAR

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

APR

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

MAY

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

JUN

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
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
24 25 26 27 28 29 30
31

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

Events

10
OCT

04
APR

11
NOV

05
MAY

12
DEC

06
JUN

01
JAN

07
JUL

02
FEB

08
AUG

03
MAR

09
SEP

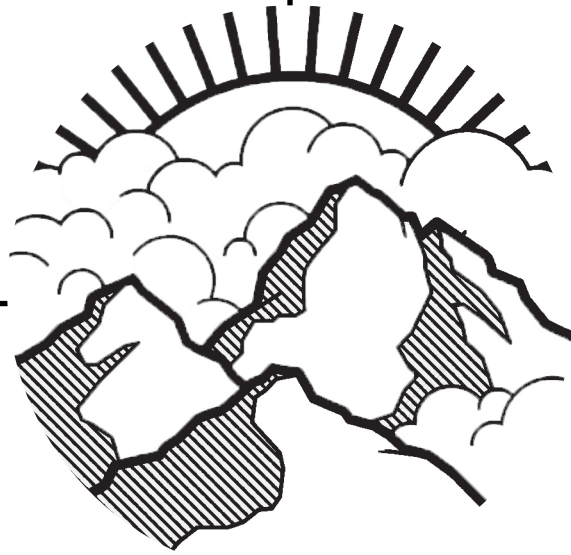
“

You owe it to yourself to
become everything you
dreamed of being

”

I AM

I CAN

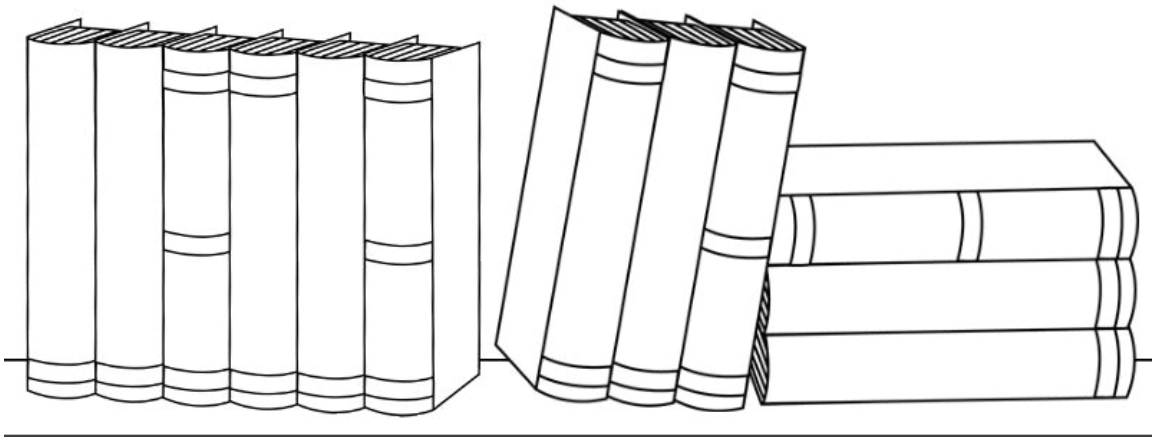
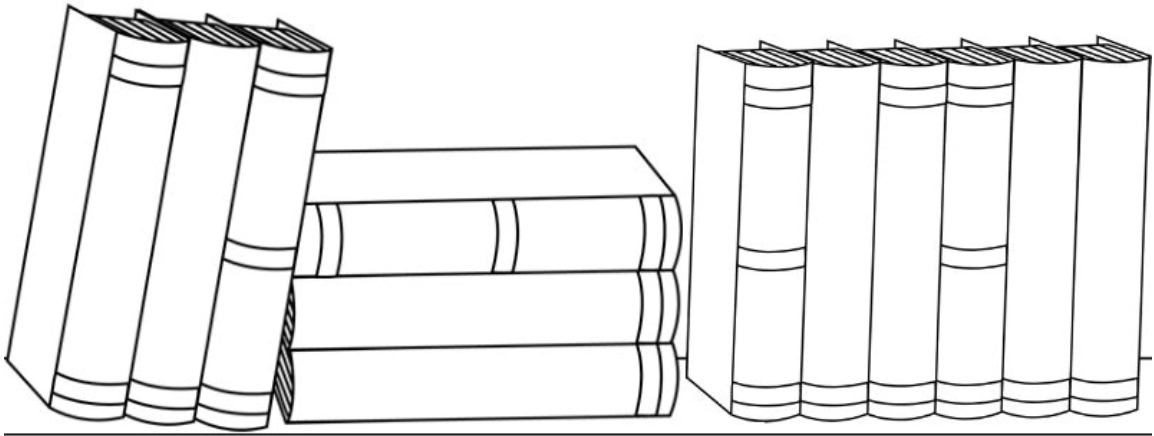
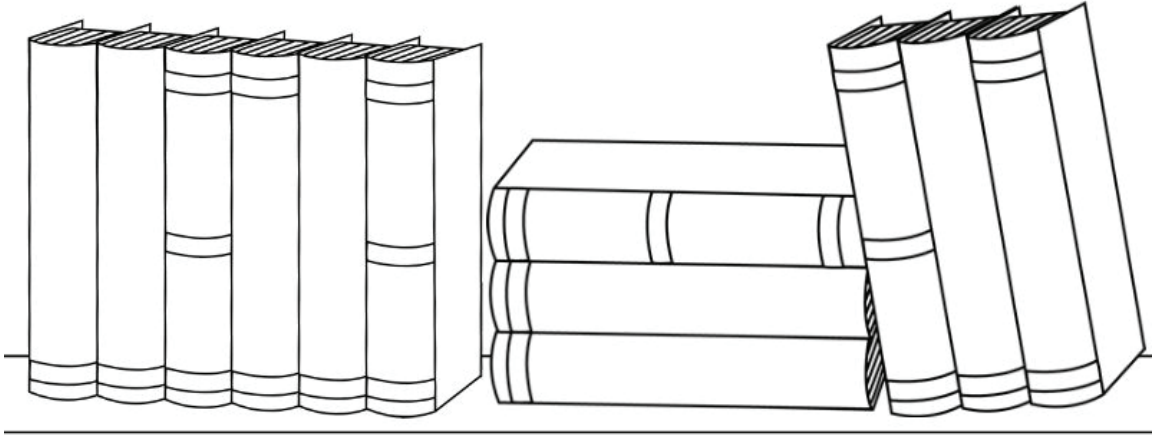


I'VE DONE

I WILL

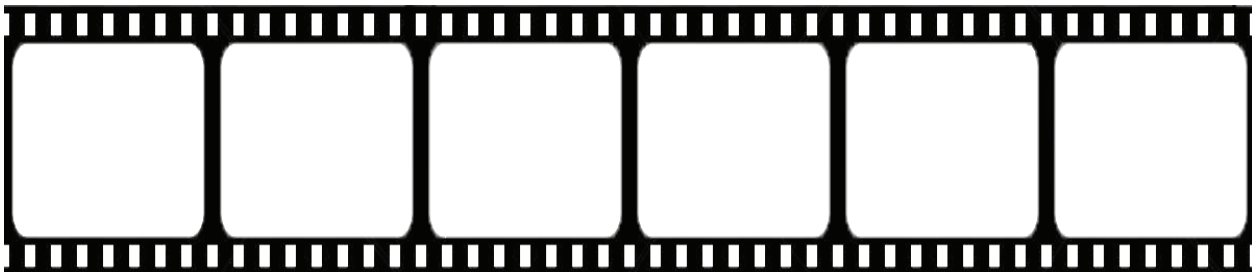
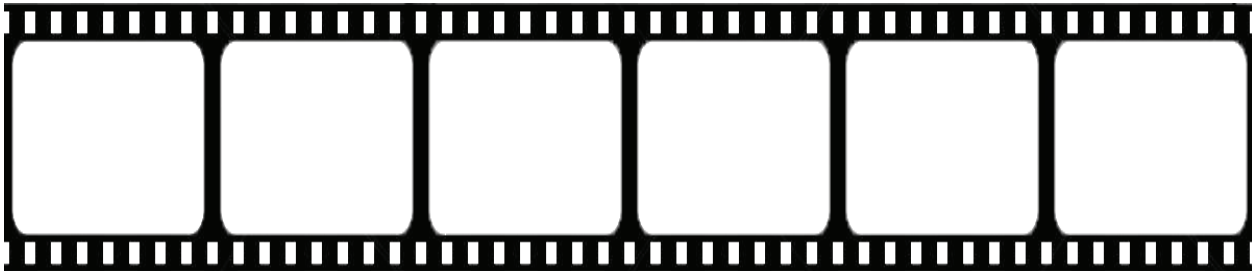
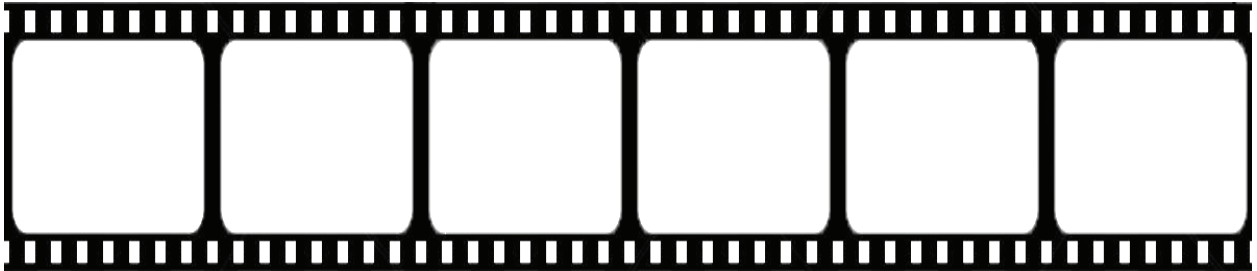
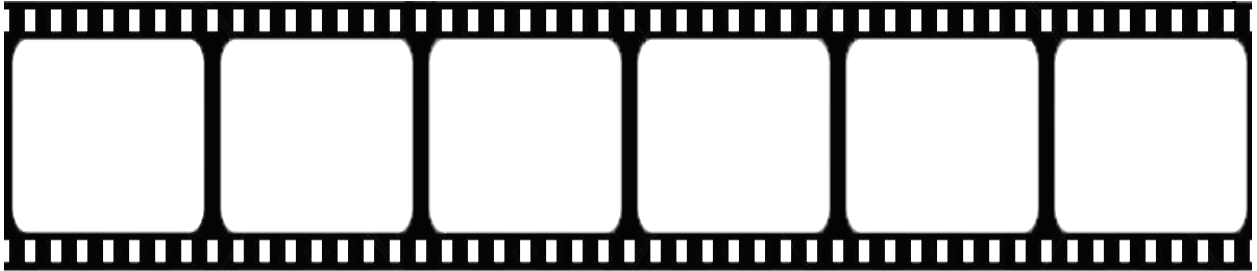
Books

I've Read



Movies

I've 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 you are too 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 truly to have lived with no regrets.



October

	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:

Expense *Tracker*

Groceries

Description	Date	\$
-------------	------	----

Bills

Description	Date	\$
-------------	------	----

Eating Out

Description	Date	\$
-------------	------	----

Other

Description	Date	\$
-------------	------	----

Brain Dump

OCTOBER 01 TO OCTOBER 06

	TUESDAY	WEDNESDAY	THURSDAY
7:00am			
8:00am			
9:00am			
10:00am			
11:00am			
12:00pm			
1:00pm			
2:00pm			
3:00pm			
4:00pm			
5:00pm			
6:00pm			
7:00pm			
8:00pm			
9:00pm			

QUOTES

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2019

FRIDAY	SATURDAY	SUNDAY
7:00am		
8:00am		
9:00am		
10:00am		
11:00am		
12:00pm		
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		
8:00pm		
9:00pm		

TO DO

GOALS

MEAL PLANNER

I AM GRATEFUL FOR

OCTOBER 07 TO OCTOBER 13

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

QUOTES

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2019

FRIDAY	SATURDAY	SUNDAY
7:00am		
8:00am		
9:00am		
10:00am		
11:00am		
12:00pm		
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		
8:00pm		
9:00pm		

TO DO

GOALS

MEAL PLANNER

I AM GRATEFUL FOR

OCTOBER 14 TO OCTOBER 20

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

QUOTES

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2019

FRIDAY	SATURDAY	SUNDAY
7:00am		
8:00am		
9:00am		
10:00am		
11:00am		
12:00pm		
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		
8:00pm		
9:00pm		

TO DO

GOALS

MEAL PLANNER

I AM GRATEFUL FOR

OCTOBER 21 TO OCTOBER 27

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

QUOTES

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2019

FRIDAY	SATURDAY	SUNDAY
7:00am		
8:00am		
9:00am		
10:00am		
11:00am		
12:00pm		
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		
8:00pm		
9:00pm		

TO DO

GOALS

MEAL PLANNER

I AM GRATEFUL FOR

OCTOBER 28 TO OCTOBER 31

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

QUOTES

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Reflection

2019

Write down times in your life when you have been truly happy

TO DO

GOALS

MEAL PLANNER

I AM GRATEFUL FOR