

Date _____

"Life is a dance. Mindfulness is witnessing that dance."

Amit Ray

Daily Intention

Write a short sentence that captures how you want to show up today.

Today, I intend to _____

Morning Check-In

How does my body feel right now? _____

What emotions are present? _____

What thoughts are most active? _____

Mindful Breathing Moment

Take 3-5 slow breaths and notice:

The sensation of the inhale

The softening on the exhale

Any shifts in your body or mind

A Place for Reflection & Doodling

Gratitude Reflection

List three things you're grateful for today.

1. _____

2. _____

3. _____

What I Want to Nurture Today

Choose one area: Calm Focus Compassion Patience Joy Presence

Write a sentence about how you'll nurture it _____

Midday Pause

What is one thing going well? _____

What is one thing I can release? _____

Evening Reflection

A moment I felt present today: _____

Something I learned about myself: _____

One thing I want to carry into tomorrow: _____