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# Mindfulness Journal

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A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Set a brief intention for the day — one quality or value you want to embody
  - Do a slow body scan from feet upward, noting tension, ease, or sensation without judgment
  - Sharpen sensory presence: name 5 things you see, 4 you hear, 3 you feel, 2 you smell, 1 you taste
  - Write 2-3 things you are genuinely grateful for today, being as specific as possible
  - Choose one thought, worry, or expectation to consciously release, then close with a self-compassion note



Scan for a detailed guide on how to use this journal

Date: \_\_\_\_\_

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**Present moment awareness** *(describe this moment exactly as it is — no judgments, just observation)*

**Body scan observations** *(starting from head to toes — where do you hold tension?)*

**Senses awareness** *(what do you see, hear, feel, smell, taste right now?)*

**What I'm grateful for today** *(what are you grateful for today? name a specific person, moment, or thing)*

**What I'm letting go of** *(what no longer serves you? release it here)*

**Self-compassion note** *(speak to yourself with the same kindness you'd show a friend)*

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