# 365 Days of Mindfulness

FALL IN LOVE
WITH TAKING CARE
OF YOUR MIND,
BODY & SOUL

Mindfulness is the practice of living in the present. Consciously maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations and your environment through a gentle, nurturing lens.

Exploring mindfulness is an extremely rewarding activity. It can be challenging to take time for ourselves and others alongside our busy lives but you are taking the first step by opening this book!

Find a few minutes each day to sit down and fill out a task. As you progress through the weeks and months, take longer to think on each one, growing more conscious of the benefits of living a mindful life.

Vision Board



## Get Up & Go!

by exploring mindfulness while you are out. When you get back, describe how it felt.

# Challenge Yourself

Reflect on what was stopping you from doing it and how you felt afterwards.				

### Music & Mood

Make a playlist of songs that you know will change your mood instantly on a tough day.

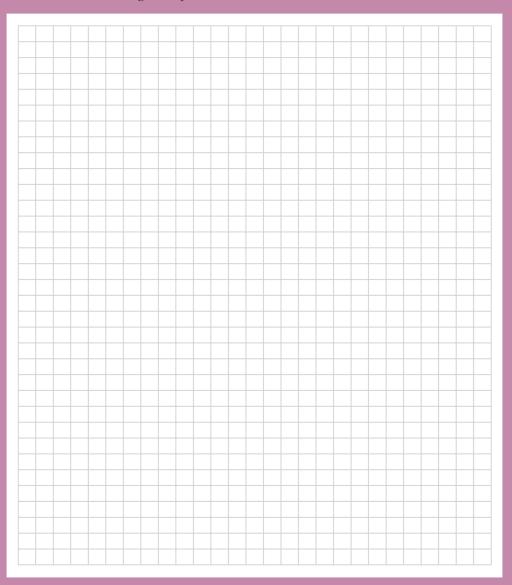
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Track No. 4	
Track No. 5	
Track No. 6	

Track No. 7	
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Track No. 8	
Track No. 9	
Track No. 10	
Track No. 11	
Track No. 12	

Day 4
New Ideas

Date:

Take time to learn something new today, watch a tutorial video or ask someone to share their knowledge with you. Take notes below...



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Date:	

### Personal Growth

Use this space to write three things that you couldn't do a year ago but can do now. Then list three things that you want to have achieved in a year from now.

Date:

# Inspiration & Motivation

Go for a walk and draw five things that catch your attention.

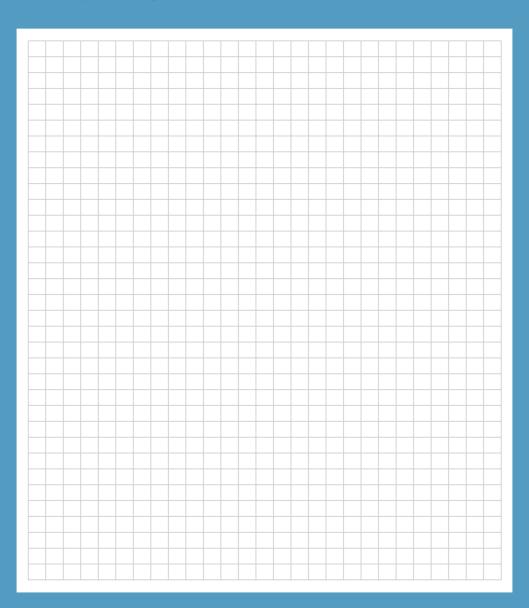
### Word Association

Write down the first things you think of when you read the word 'happiness'.



# Thoughts & Ideas

What's on your mind right now?



Day 9

## Positive Thinking

Write ten positive affirmations that you can recite when you are feeling overwhelmed.

1.			
2.			
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# Loving You

What are five simple ways you can show love to yourself every day?

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# On The Right Track

Write about things that have been going well in your life recently.



# Nurturing Your Brain Write ten things you can do to nurture your mind.

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## Productivity

Name three events that made you feel productive today.

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Date:

### Creative Mind

Take a moment to reflect on what is currently on your mind and try to translate that into a drawing.

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# Your Challenges

Write about potential challenges that you might nave today and how you can overcome them.

# Self Judgement

What things do you keep judging yourself for? Write ten things you can do to create more self-acceptance.

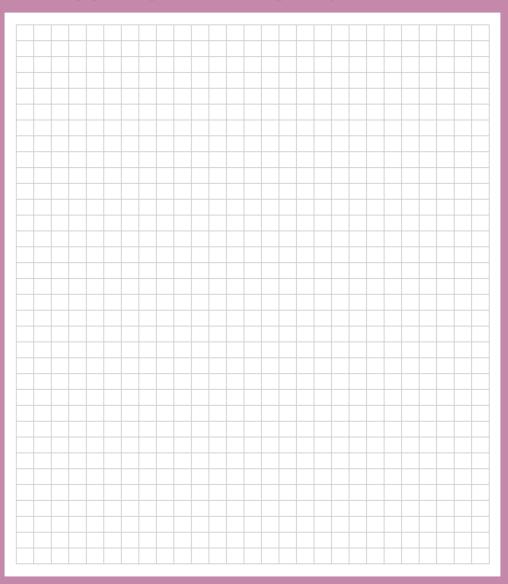
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What is the biggest risk you have ever taken?

Date:

# Mindful Breakfast

Pay attention to your morning ritual. Think about all aspects of what you are doing from waking up to leaving the house. What changes could you make?



### Hard Times

What feels like a struggle at the moment?


# Habit Commitment

What is one thing you can commit to today that your future self will thank you for?


Day 21

# Negative Thoughts

Write five negative thought patterns you wish to transform.

1.		
2.		
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Notes		
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# Mandala Healing

Draw a mandala. Start doodling around the circle below and work outwards. Reflect on the positives in your life while you draw.

# Sharing A Day

Who would you like to spend an entire day with and what would you do?



# Auditory Mindfulness

Close your eyes. List everything that you hear for two minutes.

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## Reflecting On Memories

what is one past event that you previously perceived as a failure and now perceive as something positive? Why?				



You are your most authentic self when you...

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Day 27

### Adult Education

If you could go back to school and study anything, what would you study?

# Pamper Yourself

Spend some money on a trip to a salon or massage. Enjoy the pampering with gratitude and take note of what you noticed and felt in the moment.

Day 29

# Colour Play

If your feelings today were represented as a colour, what colour would they be? Why?

# Emotional Resume

Write a resume for yourself but include positive personality characteristics instead of your work history.

Day 31

#### Calm Time

Create a list of ten things that make you feel calm and peaceful.

1.			
2.			
3.			
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#### Outside The Box

Choose a movie, tv series or documentary that you wouldn't normally choose and take time to watch it today. What did you choose? How did it make you feel?

#### Short Meditation

Take five minutes to sit quietly and be with your thoughts as they float through your mind. Don't judge them - take them in. What thoughts came to your mind?

Date:

### Sleep Reflection



#### Conscious Change

If you could change one thing in your life, what would that be?

Day 36

### Life Lessons

Write ten life lessons you have learned from your parents, teachers or elders.

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#### Ideas Of You

Then ask two friends the same question and compare.				

Day 38

#### Similar Traits

What is one thing you have in common with someone who you have difficulties with?



#### Calming Acts

What are your top five favourite emotionally calming activities? Why?

1.			
2.			
3.			
4.			
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Notes			
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Day 40

### **Annoying Habits**

What is your most annoying habit? Write three things you can do to change it.

Habit:	
1.	
2.	
3.	

Day 41

#### **Emotional Times**

When was the last time you cried and why?

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#### Your Values

What are your most important values?

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#### Favourite Food

Explain a favourite food and what makes it so special. Create a little doodle of it.

#### Sweet Sixteen

Write a letter to yourself at 16 years old. Describe the ups and downs and advice you feel has brought you to the place you are today.

Happy Days
What are the top five happiest moments in your life?

1.		
2.		
3.		
4.		
5.		

Day 46

#### Gratefulness

What are the top five people in life that you are grateful for? Why?

1.			
2.			
3.			
4.			
5.			
-			
Notes			

Date:

## Love Language What is your love language?

How could you communicate this to the people around you?

#### Positive Skills

What are five things that you do well? How can you use them more?

#### Risky Business

What is the biggest risk you have taken? How did it work out?

Day 50

#### Hour Of Power

Write about what you would do with an hour of free time and try to achieve this today.


#### Spontaneous Adventures

What did you do? How did it feel?



## Finding Inspiration

What accounts did you find?

#### **Daily Routine**

How could you be more productive?

#### Life Is Not Always Positive

Write a warning notice that you could give to people before they meet you.

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Day 55

#### Work-Life

If you started over in your career what would you do and why?

#### What Do You Think?

Why or why not?

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#### You Are...

Who are you? Answer the question in fifty words.

# Musing On Music When was the last time you liste

What were you listening to? Write about how you feel when you listen to it?

#### Go For It

Make a list of five things you want to accomplish tomorrow.

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1.		
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5.		

## Sliding Doors

How is your life different today than you thought it would be?

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Day 61

#### Big Words

Write five things you have always been afraid to say.

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2.
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ig  4.
5.

## Evaluating Your Time

Create a list of the things you have spent your time on within the last 24 hours. How does your daily activity match your values, dreams and ideal life?

1.			
2.			
3.			
4.			
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#### Thinking About Your State Of Mind

Do you need more time with others or more time by yourself right now?



## Reflecting On You

What is the best part of being you?

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## Conscious Feelings

What are the top three emotions you have felt in the last week?

1.			
2.			
3.			

## Intuition Time

Ask your inner voice about what you should write – What do you hear?

## Complete This Sentence

Fear feels like...



Date:

## Fill Your Cup

What fulfills you?

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Date:

Day 69

#### Home Is Where The Heart Is

What are five things that you love about your home?

1.			
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Notes			

Date:

#### Home Life

what is the most hispirational place you have ever been and why did it hispire you:

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#### Empowerment Plus

When do you feel most empowered and why?

## Feeling Empowered Make a list of five things nobody knows about you.

1.		
2.		
3.		
4.		
5.		

## Listen To Your Body

How do you feel in your body right now?

Date:

## Outrageous

What is the most outrageous thing you have ever done and how did it make you feel?

#### Make A Wish

If you had three wishes, what would you wish for and why?

## Reflecting On Your Challenges

What's your biggest challenge right now and how are you going to deal with it?

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#### Your Wardrobe

What are some things in your closet that you love and why?

## Younger Days

What is something you loved as a child but don't like anymore?

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## Reflecting On Your Life

Do you spend the most time thinking about the past, the present, or the future?

## Reflecting On You

Do you need more action or more rest in your life?

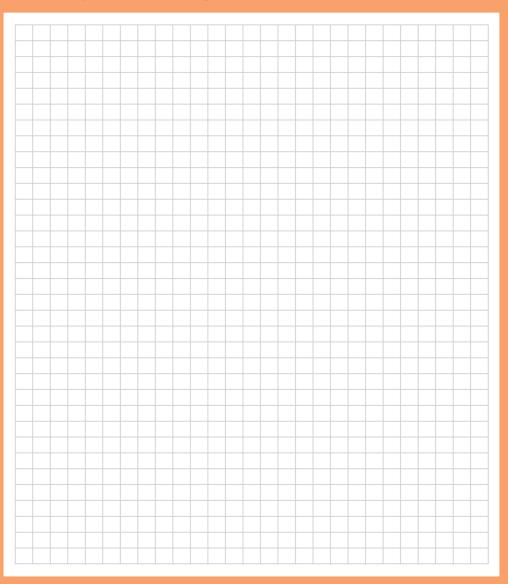

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#### You In 10 Years

Where do you see yourself in ten years?

## Book Cover

If your life was a book, what would be the title? Take time to brainstorm ideas and doodle what you think the cover might look like.



Date:

Day 83

#### **Changing Habits**

Make a list of ten things you can do to stop procrastinating.

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Date:

## Noticing Your Emotions What are your predominant emotions at this moment?

How are you experiencing them in a physical way?		

#### Your Temperament

Do you know how to deal with extreme emotions?

Date:

## Brain Dump

Write down the thoughts you are having right now.

#### Self-Care

What are the top reasons you neglect taking care of yourself?

# Day 88 Scary Story

What was the scariest moment in your life?


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## **Quote Of The Day**

What is your favourite inspirational quote? Why?


## Reflecting On Your Life

Are you happy with how your life is progressing right now? Why?


#### People Around You

What do you want people to feel around you?

## Gratefulness

What are ten things you are grateful for today?

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#### Your Best

What is one area of your life that you are excelling in?

## Reflecting On Your Actions

Have you ever treated a person in a way you regret?


## Being Kind To You

How can you be kinder to yourself?


## What's Missing?

What do you think you need more of in your life? Why?


#### Feeling Alive

What would make you feel ten times more alive at this very moment?

#### The Root Of Your Feelings

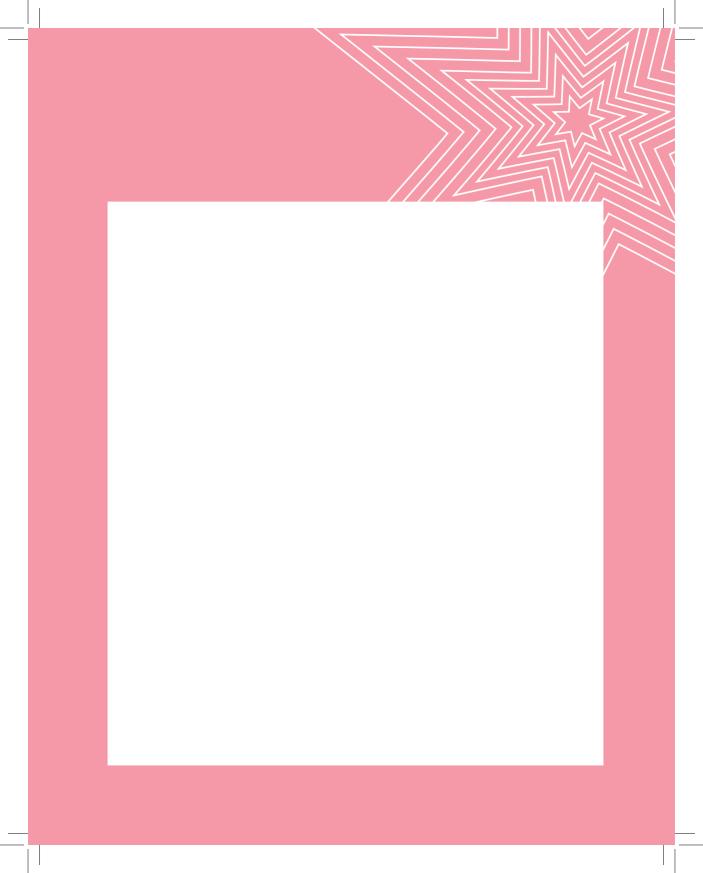
What is the root of your most recurrent feeling?


## Listen To Your Body

Where are you holding tension right now? Why?

## Positive Change

Write down positive ways you have changed over the past five years. After reflecting with words, use the next page to freely draw and express your feelings visually.



#### Pride In Yourself

What's one thing you've done (no matter how small) that you're proud of yourself for?				

## Love Yourself

What are three simple ways you can love yourself every day?

1.		
2.		
3.		

### Compliments

What compliment do you want to receive the most? Why?



## Learning From Challenges

Describe a time when you were challenged. How did you get through it? What did you learn about your strengths? Day 105

Date:

#### Your Hobbies

What makes you interested in them?

Day 106

# Feeling Loved

Describe a time you felt loved and cherished. Why was that meaningful for you?

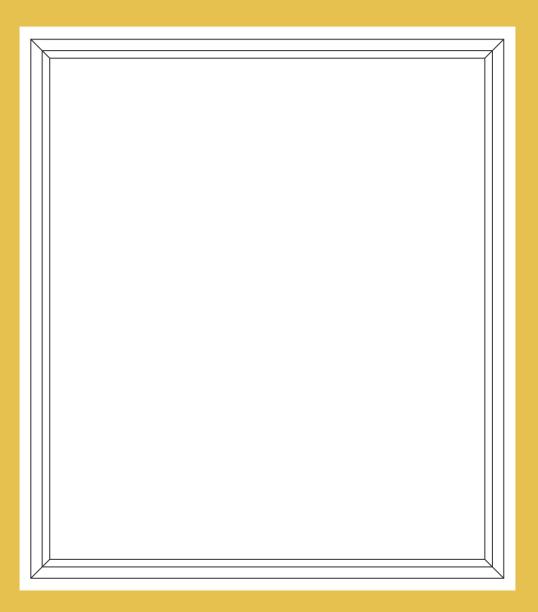
#### What Would You Do?

If you won one million dollars, what would you do with it?

Day 108

# Happy Art

Fill the frame below with drawings of things that make you happy.



#### Your Superpower

What do others look to you for?		

Day 110

### The Fire Inside You

What gets you fired up? What are you passionate about?

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# Reflecting On Your Life Write about all of the things that have been going well in your life lately.



#### Things You Love

How can you make more space in your life for the things you love?

Day 113

## Intentional Life

What does living an intentional life mean to you?

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# Your Thoughts What's on your mind right now?

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Day 115

# What's Holding You Back?

What's been holding you back from the things you want to do?


# Reflecting On Your Life If you keep living life this way.

Would you become the person you want to be?			

Day 117

# Odd Things Create a list of ten odd things you like.

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#### Dear Future Self

Write a letter to your future self.

Day 119

## What Keeps You Going

Write about a time when you were super motivated. What kept you going? Why did you stop?

### A Perfect Day

What does a perfect day in your life look like?

Day 121

# Proud Of You

Who is somebody you are really proud of?


### Life Regrets

What is something you regret not doing?

Day 123

# Complete The Sentence

I got where I am today because I am...


#### Your Values

w nat nave you learned that has changed your values?			

Day 125

#### Dear Someone

Write a letter to someone you have lost, whether they've died or simply drifted away from your life. What do you have left to tell them?

Dear,	
	From

#### Affirmations

Write five affirmations for when you are feeling low.

1.		
2.		
3.		
4.		
4.		
5.		

Day 127

## Say It

What are you not saying that needs to be said?

#### Mental Health

How are your current circumstances affecting your mental health?

Day 129

# Feeling Yourself

In what situations do you feel like you can be completely you?

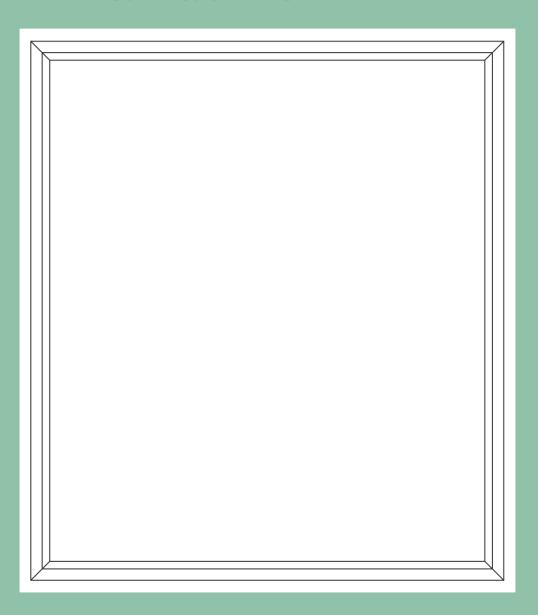

#### Hindsight Is 20/20

and give yourself the advice you needed at the time, how would your life change?		

Day 131

# A Positive Life

Draw some things you are enjoying about life right now.



#### Memory Lane

If you let your thoughts wander, what memory comes to mind first?

Day 133

### **Book Lover**

What is the best book you have read recently? What did you love most about it?

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#### Food Tracker

What did you eat and can you make any changes to improve your food choices?

Day 135

# Looking For Beauty

Where did you notice beauty today?

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#### Feeling Loved

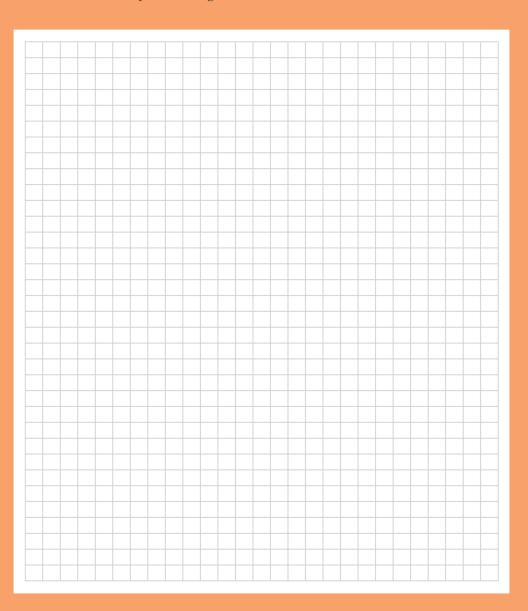
Write in-depth about it and how you can find more of it in your life.			



Date:

# Write Anything

Write whatever is on your mind right now.



#### Happiness Looks Good On You

Write about something that made you smile today.

Date:

#### Your Name

Write about your name.  Do you like it? What does it mean? Who chose it?			

#### Favourite Toy

What was your favourite toy as a kid? Do you still have it?

## Beautiful Places

What is the most beautiful place you've ever visited? How did it make you feel?

Day 142

#### **Bucket List**

Write ten things you would like to experience in your lifetime.

1.			
2.			
3.			
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# A Rainy Day

What activities did you like to do when it rained as a kid? What do you do now?

#### Important Reminders

Create a list with important birthdates you remember. Is there a missing date that you should know?

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# Holidays

What was the first holiday you had? What do you remember about it?

Day 146

#### Write Anything

What would you write if you didn't feel like you would be judged for it?		



# Your Grandparents

What did your grandparents tell you about how they grew up?

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#### Relationships

Do your current friendships and relationships bring you joy?

#### Kindness

Recall an occasion when someone was kind to you and you weren't expecting it.


Day 150

### The Good & The Bad

Do you think you are a positive or negative person?

#### Home

Write about the first house you lived in. What thoughts come to mind?

Day 152

#### Complete The Sentence

I need to accept that...

#### Date Night

Create a list of great date night ideas.

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Day 154

#### My Dreams

What is the last dream you remember?

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# Assumptions

What is an assumption people tend to make about you? Are they right?

Day 156

What do you really appreciate about your life?

# Your Response How do you usually respond to a crisis?


Day 158

#### The Real You

Do the people in your life understand you well? Is there something you wish they knew about you that you've kept hidden so far?	

## Grateful For You

Write about a person you are grateful for, but sometimes take for granted.

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#### **Bucket List**

List five things you want to do before you die.

1.		
2.		
3.		
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4.		
5.		

Day 161

## **Bad Habits**

What is a bad habit you have and would like to change? What steps can you take to make it happen?		

#### What You Need To Hear

Write what you wish someone would say to you.

Day 163

## Mind Balance

Do you think you have a balanced mindset? How can you improve?

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#### A Mentor Relationship

Who has served as a mentor to you (whether they knew it or not)?

Day 165

## Expectations

What expectation do others have of you that you wish they didn't?

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#### Movie Time

What is the best movie you have watched recently? What did you like the most about it?

Day 167

#### More Time In The Day

If you had another hour today, how would you spend it?

#### Let Go

Who or what in your life are you happy to have let go of? Why?

Day 169

## Be Honest

Did you stop yourself from doing something you enjoy today? Why or why not?

#### Guilty Pleasure

but suspect others might judge you for?

Day 171

# Adult Life

How old were you when you first felt like an adult?


## Big Feelings

Do you have an embarrassing moment that still makes you cringe?

Day 173

# People Close To You

List five positive qualities of the first person you usually talk to each day.

1.			
2.			
3.			
4.			
5.			
Notes			

# Crystal Ball

Imagine a crystal ball that can give you the answer to one question about your future. What would you ask?

Day 175

# You At Work

What kind of impression do you tend to leave on people in a work setting?


# Trying Something New What is a food you would love to try from a different country? Why?

Day 177

## A Sense Of Freedom

What makes you feel truly free?


#### What Is Success?

What does success mean to you?


# Your Strengths

What are your top five personal strengths?

1.	
2.	
3.	
4.	
5.	

#### Mood Changes

What things change your mood from positive to negative?

### Kindness Is Contagious

Describe five nice things that people did for you in the past week. Next, list five nice things you could do for others next week.

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

## Reflecting On Your Day

How are you feeling today?

Day 183

# New Skills

What prevents you from starting it?

#### Your Perfect Garden

What would you put in it?

Day 185

# My Goals

What is the most important thing you would like to accomplish this year?

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#### Living Abroad

If you had to live in another country, where would you live? Why?

Day 187

# Rewrite It

Rewrite a conversation you've had in the way you wish it had gone.


#### Letting Go

What is the one thing you need to let go of today?

Day 189

# Your Parents

In what ways are you different to your parents? How has that impacted your relationship with them?

#### Positive Triggers

What triggers positive emotions in you? Why?

Day 191

# Negative Triggers What triggers negative emotions in you? Why?

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# Pondering Your Senses What would you do if you lost one of your senses?

Which do you think would be the most difficult one to lose?			

Day 193

# My Motivations

What motivates you to wake up every day?

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#### In Other Shoes

Describe your day from another person's perspective.

#### Gratitude Ideas

Explore five ways you can show gratitude more every day.

1.		
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#### Memory Lane

Write about some amazing childhood memories you feel grateful for.

A big one:	
At home:	

At school:			
With friends:			
With Family:			
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# Complete This Sentence

Tomorrow, I am finally going to...

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Day 198

#### Be Creative

What's the silliest thing you could write on this page?

Name one simple way you can take a step to be healthier.

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Day 200

#### Adventure Time

Write about a road trip you would love to take.


Happy Tears
When was the last time you cried happy tears?

Date:

What made that happen?

Day 202

#### Think About It

What's important to you right now?

Day 203

Missteps

Date:

Describe a mistake you made recently. It can be big or small. How did you deal with it?

Day 204

#### Spur Of The Moment

Spend a few minutes making a list of things you want to do before the end of the year. Don't think, just write, you might surprise yourself.

1.		
2.		
3.		
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# Big Thoughts

If you only had two years to live, what would you want to accomplish the most?

Day 206

#### Get It Done

What task are you putting off that you just need to get done? How could you finish it within the next week?

Task:	
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Date:

# Hbd To Me

Which was your best birthday ever and why?

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#### Stranger Days

Write about a positive interaction you had with a stranger.

Date:

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How would I tell the story of my life in three sentences?

Day 210

#### Good Times

What's the most memorable conversation you've had in the past year?

Date:

### Past Memories

What is your favourite memory from last year?

Day 212

#### You Can Do It

What is something you would like to quit?

# Complete The Sentence

I don't want to be defined by...


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#### Lessons Learned

What is a lesson you will never forget?

Being Alone
What is your favourite place to be alone?


Day 216

#### Relaxing Time

What activities help you relax?


# Self Honesty

Are you honest with yourself about your emotional and mental wellbeing? If you're not, how can you change it?

Day 218

# Back To College

If you could take any college course you wanted, what would you take?

# Weekend Plans

What are your plans for the weekend?

#### Your Perfect Bedroom

What would your ideal bedroom look like? Sketch and note ideas below.

# Reflecting On Your Challenges

What is your biggest concern right now?


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#### Your Goals

Over the past week, what did you do to bring yourself closer to reaching your goals' What can you do over the coming week to achieve further progress?	?

Date:

#### **Priorities**

What would be hard to let go of? What wouldn't you miss?

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Do you think you value yourself enough?

How can you develop a more positive mindset?

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# Reflection On Your Relationships Think about a relationship you need to improve in your life.

What went wrong and what can you do to fix it?

# Day 227 Snap Out Of It

What things can you do to snap out of it?

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#### Gratefulness

Name the one thing you are most grateful for in your life at this moment.



## Reflection On Your Emotions

Talk about something that scares you.


#### Best Movie Ever

What is the best movie you have watched recently?

# A Better You

What would you like to be better at?

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#### My Day

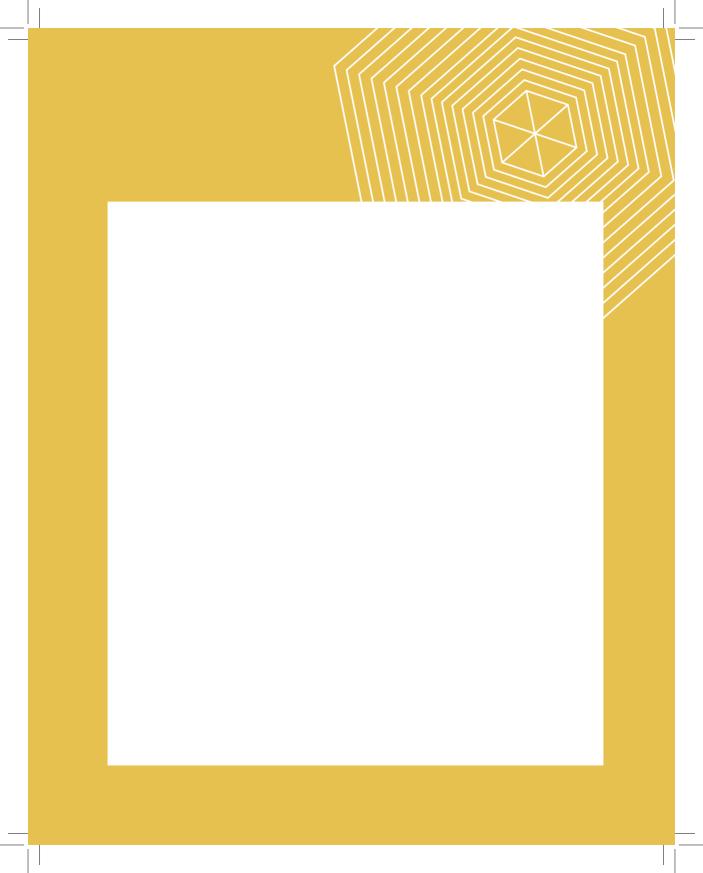
Describe your day today.

Morning	
Afternoon	
Evening	

## Reflection On Your Emotions

Do you feel happy today? Write about why or why not

On the next page draw those feelings to express yourself in a visual way.



#### Complete The Sentence

My past doesn't define who I am because...

## My Secrets

What are you thinking of doing that you are afraid to tell anyone about?


#### Online Time

What are the upsides and downsides of spending time online?

#### About You

What do people like about you?  Are these the same things you like about yourself?



#### Valuable Friendships

What do you value most in a friend?

Day 239

# Self Care

What kind of self-care would be most useful for you today?

Date:

#### What Would You Do?

what would you do with a million dollars it you had to spend it in one day:			

## Best Part

What was the best part of your day today?

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Date:

## Thinking About Aspirations

Who or what do you aspire to be?

Day 243

# Concert Time

What was the last concert you went to? How was it?


Date:

## Reflecting On Your Life

Are you where you thought you would be at this age?



# Impulse Purchases

What's the most ridiculous thing you've ever purchased?


Date:

## Turning In

Write a letter from someone else to you. What do you need to hear from them?

Dear,	
	From

# People You Admire

Which famous person do you admire and why?


Date:

#### Movie Time

What movie always cheers you up?

Day 249

## Dream Job

What was your dream job when you were a kid?

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## Career Changes

How has your relationship with work changed as you have gotten older?		

Day 251

## Complete This Sentence

What five songs always lift your mood?

1.	
1.	
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2.	
3.	
4.	
1.	
_	
5.	

Date:

#### Workout

What is your favourite type of workout?

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## Your Insecurities

What is an insecurity that you have overcome?

#### Online Time

If you use social media, describe the ways each platform impacts your day.

1.			
2.			
3.			
4.			
5.			
Notes			

# In Touch With Your Feelings

Do you have a memory that should be happy, but instead makes you sad?


#### Self Reflection

What keeps you from loving yourself?

Day 257

# Thoughtful Gifts

What gift have you given that has made a difference in someone's life?




## Reading Time

What book made you fall in love with reading?


Day 259

# Best Show Ever

What is the best show you have watched recently?

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#### Inner Child

What does your inner child need you to say to them most?

# Memory Of Success When was a time in your life that you felt successful?


## Pondering Friendships

Write about ways that you could be a better friend to the ones you care about most.

Day 263

## Think On It

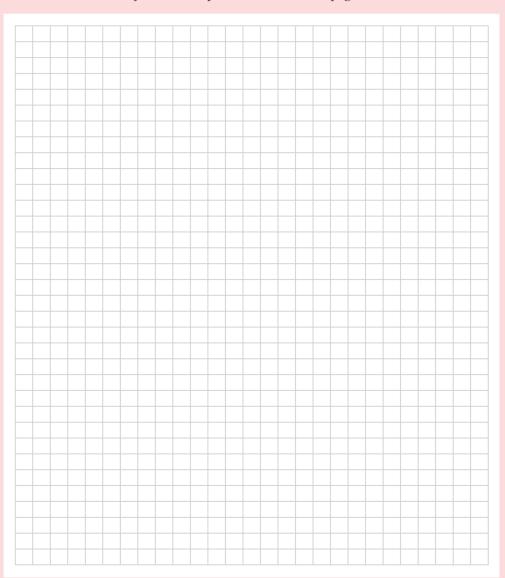
What has been your best trip so far?

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Date:

## 7 Positive Days

Nominate a positive activity for each of the next seven days. Brainstorm ideas today and make a plan on the next seven pages.



Day 265

# Positive Day 1

Detail today's activity.

My positive activity:	
After doing this activity, I am feeling:	



### Positive Day 2

Detail today's activity.

Write about how y	vou feel after	nutting tim	e into this	conscious	positive behaviour.
Wille about now	you reet arter	putting tin	ie milo mis i	conscious	positive benaviour.

My positive activity:
After doing this activity, I am feeling:

Day 267

# Positive Day 3

Detail today's activity.

My positive activity:
After doing this activity, I am feeling:

Day 268

### Positive Day 4

Detail today's activity.

My positive activity:
After doing this activity, I am feeling:

Day 269

## Positive Day 5

Detail today's activity.

My positive activity:
After doing this activity, I am feeling:

Day 270

## Positive Day 6

Detail today's activity.

My positive activity:
After doing this activity, I am feeling:

Day 271

# Positive Day 7

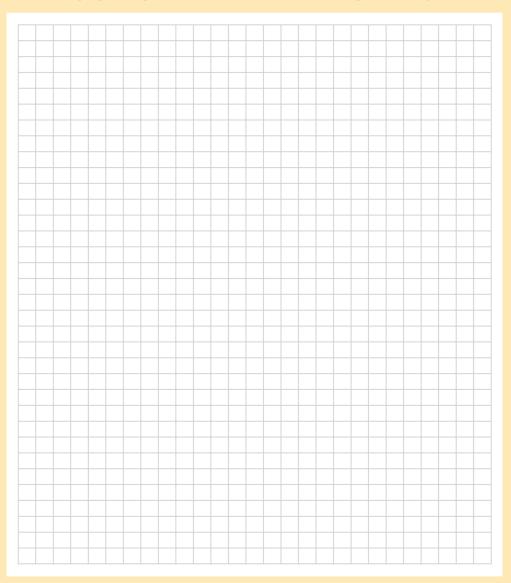
Detail today's activity.

My positive activity:
After doing this activity, I am feeling:

Date:

#### A Mindful Moment

Take ten minutes to sit quietly and watch your thoughts as they float through your mind. Don't judge them, just watch them and notice. What thoughts came to your mind?



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## Your Job

What is your favourite part of your current job?

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Date:

#### Music In Your Life

If you could be the best at one musical instrument, what would it be?

Date:

Day 275

### Your Bestie

Who is your best friend and how did you meet?


#### Reconnecting

Who is someone from your childhood you would like to find again?

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### Family Ties

Are you happy with your relationship with your family?

#### Entrepreneurship

If you could set up your own business, what would it be?

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### Your Pets

Do you have any pets? If so, describe them and your favourite thing about them.  If not, what kind of pet would you like to have?		

Date:

#### Board Game

What is your favourite board game to play with friends?

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### Weather Forecast

How is the weather affecting your mood?		

Date:

#### Your Mindset

How can you improve your current mindset?

Date:
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### Inspiring Dreams

Write a short poem inspired by a recent dream you had.

Date:

#### First Day

Do you remember the first day you went to primary or high school? Write about one of these experiences from your perspective.		

Date:

Family Memory
Write about your favourite memory with your parents.


Date:

#### Family Talks

Write about the experience and your current feelings about them.		

### Your Traditions

What holidays do you celebrate and how do you like to celebrate them.


#### Inner Peace

What are five things that bring you a sense of peace?

1.		
2.		
3.		
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4.		
5.		

### Your First Words

Do you know what your first words were?

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Date:

#### Mirror, Mirror

What if your mirror started talking to you? What might the mirror say?

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### Relatable Song

Take a song you relate to and rewrite it to fit your own narrative.

Date:

#### Movie Time

What was the first movie you saw at the cinema?

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### Recipe

Create a recipe for something abstract, such as a feeling.

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Date:

#### Fitness Goals

Do you have any fitness goals? List them here.

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Date:

Day 295

## An Inspiring Interview

Write ten questions you have for someone you would like to interview, real or fictional.

1.			
2.			
3.			
4.			
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6.			
7.			
8.			
9.			
10.			

#### Favourite Quote

Do you have a favourite quote that you return to again and again? What is it and why does it move you?

### Normal

What does normal mean to you? Is it good or bad to be normal?


Date:

#### School Days

What do you miss the most from school?

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### Valuable Possessions

What is your most valuable possession?


Date:

#### Would You?

in your life, would you?		

### Creative You

Set a timer for ten minutes and create a drawing of anything that comes to mind.

Date:

#### What Did You See?

Go to the nearest window.  Look out for a full minute and write about what you have seen.		

Date:

Day 303

#### Proud Of You

When was the last time someone told you they were proud of you?

Date:

#### **Un-Invent**

If you could un-invent something, what would it be? Why?			

Date:

Day 305

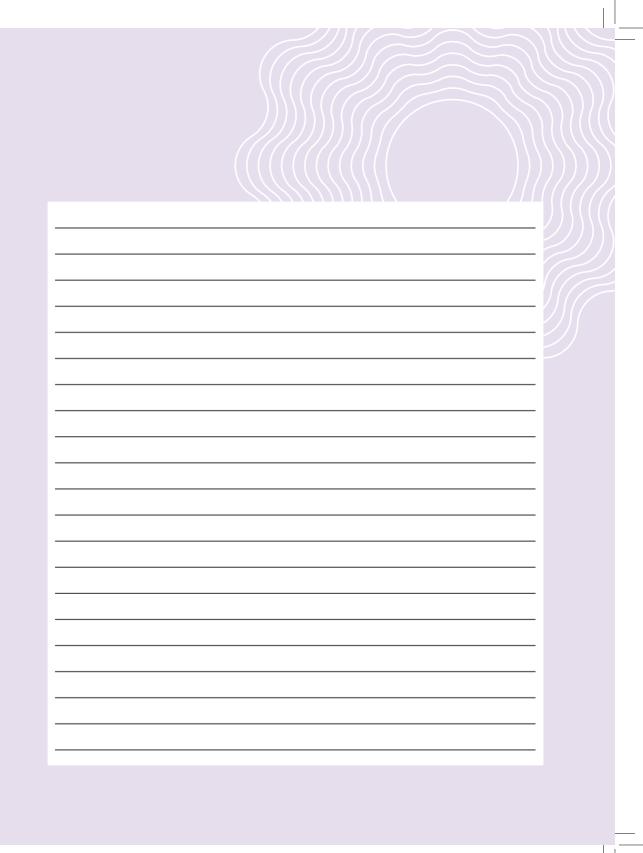
### Best Teacher Ever

Do you have a teacher who made a difference in your life? How is your life different today because of them?

Name:	

#### An Important Person

who is the most important person in your life and how would your day-to-day existence be different without them?		



Date:

# Energy Source

Do parties and crowds fill your cup or drain your energy?

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#### Competitive You

What activity, task, or game most brings out your competitive streak?

Date:

### Back To Your Childhood

What is a sensation – a taste, smell or sound that transports you back to childhood?


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#### What Are You?

Early bird, or night owl?

# Travel Dreams

If you could travel to any location in the universe, where would you travel? Why?

Day 312

### Fitting In

Do you belong in this day and age?

If you do, explain why and if you don't, when in human history would you rather be?

Do you feel comfortable being a citizen of the 21st century?	Y/N

# Back To School

If you could go back to school to master a subject, what would it be?

Day 314

### **Dictionary Time**

Open up a dictionary to a random word - define what that word means to you.

The word:

# Private Matter

Who is the one person you hope isn't reading this journal? Why?

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Day 316

# Compliments

Have you complimented yourself today?

# Never Again

What is a positive experience you had in your life but would never want to have again?

Day 318

# Reflecting On Your Life

Do you feel that you appreciate the good in your life often enough?

# Vacation Planning What is your method for planning a vacation?

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#### Your Bedroom

Explore your bedroom as if you're seeing it for the first time.  What do you see? How do you feel when you are there?	

# Books On Your Shelf

What books are on your shelf but you haven't read yet?


Day 322

# Rainy Days

What do you love to do when it rains?


# Ideal Partner

What do you feel you deserve in a romantic partner?

Day 324

# A Special Memory

What movie holds a special memory for you?



# Your Aesthetic

What aesthetic/fashion style do you think you follow?

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#### Little Lie

What was the last lie you told? Why did you tell it?

# Change In Your Life

make small changes incrementally?			

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#### Humour In Your Life

Date:

# Reflection On Your Emotions

Is it easy for you to ask for help when you need it, or do you prefer to rely only on you? Why do you think this is?

### Biggest Regret

What's your biggest regret?
How would your life be different if you had made another decision?

# My Talents

What is a talent you would love to have... but don't.

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# **Nightmare**

What do you think it meant?				

# Important Decisions How are you more likely to make an important decision - by reasoning through it.

or by going with your gut?

Day 334

#### Fresh Air

Go outside, pick up one object and write a story about how it got there.

# Unique Experiences

Have you ever been to a ballet or opera? Seen a play or an interpretive dance performance? How does it make you feel to see people performing live?

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#### What Do You Think?

Can anything be funny, or are some things off-limits?

Day 337

# A Great Person

What makes a person great?

1.			
2.			
3.			
4.			
5.			
6.			
7.			
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9.			
10.			

# Decoding Art

Choose a famous painting and write what you think it is about.



# Keeping A Secret

What's the most significant secret you've ever kept? Did the truth ever come out?

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#### Person Of The Year

Nominate someone for person of the year. Who would it be and why?

Name:	



# Little Luxuries

What is one luxury you can't live without?

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Never Change
What is one feature you would NEVER want to change?

Date:

# The Customer Is Always Right

What's the most dreadful (or wonderful) experience you've ever had as a customer?

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### Missing You

When you're away from home, what person, thing, or place do you miss the most?

Date:

#### Remember

What is something you barely remember and you wish you could remember better?

### Google It

What was the last thing you searched for online? Why were you looking for it?

Date:

#### Halloween

What's your take on dressing up for Halloween?

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#### And The Winner Is...

You have just won a huge award, write your speech.  Consider who you would thank and why.			

Day 349
Self-Love

Date:

What do you love most about yourself and what do you love most about your favourite person? Are the two connected? What other things do you have in common?		



Date:

#### Surreal Experience

What's the most surreal experience you've ever had?

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# Your Day Job

Are you good at what you do? What would you like to be better at?

#### What Do You Prefer?

What do you prefer beach, mountain, for est, or somewhere else entirely.

Tattoos  Do you have a tattoo? If so, what is the story behind it?  If you don't what would you got? Drow it below.				
if you don't, what would you get? Draw it below.				

### What Would You Bring?

If you could take ten things to a new planet. What would you bring?

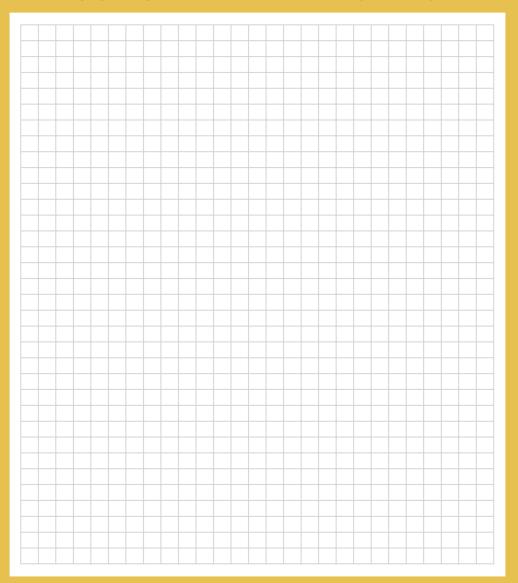
1.			
2.			
3.			
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5.			
6.			
7.			
8.			
9.			
10.			

Date:

Day 355

# Long Meditation

Take twenty minutes to sit quietly and watch your thoughts as they float through your mind. Don't judge them, just watch them and notice. What thoughts came to your mind?



#### Music In Your Life

What role does music play in your life?

Date:

Day 357

# Stranger Days

Have you ever had a random encounter or fleeting moment that stuck with you?

#### Solo Trip

Where would you like to take a solo road trip?

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#### New Years Resolution

Have you ever made a New Year's Resolution that you kept?

#### Main Character

Create a story about anything in which you are the protagonist.

# **Erasing The Past**

You have the choice to erase one incident from your past, as though it never happened. What would you erase and why?

#### Your Show

Write a script for an imaginary comedy show that you would be hosting.

Date:

Day 363

# Social Media

Find your first post on social media. Do you remember where you were? What does this post mean to you now?

#### Cloud-Watching

Go cloud-watching for the day and write about what you imagine in the clouds.

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# What Are You Feeling?

Take some time to sit on a park bench and write about the things you can see, hear and smell along with the emotions you experience during this time.

### Journalling

How has journalling changed you?



Write or draw a little reflection about your mindfulness journey here.

# FOREVER IS COMPOSED OF NOWS.