



BEYOND
THE KNOWN



Daily Mindfulness Planner



@1BEYONDTHEKNOWN

DAILY MINDFULNESS PLANNER

DATE:

S M T W T F S

MOOD:

MORNING MINDFULNESS

- INTENTION: WHAT DO I WANT TO FOCUS ON TODAY? _____
- MY GRATITUDE LIST
 - _____
 - _____
 - _____
- MINDFUL AFFIRMATION *(WRITE AN AFFIRMATION THAT ALIGNS WITH PEACE AND AWARENESS)*

MINDFUL ACTIVITIES SUGGESTIONS

- MEDITATION TIME (___ MINS)
- BREATHING EXERCISE (___ ROUNDS)
- NATURE WALK (Y/N)
- JOURNALING (Y/N)

PRESENCE TRACKER

- HOW PRESENT WAS I DURING THESE ACTIVITIES?



(1 STAR = LOW PRESENCE,
5 STARS = HIGH PRESENCE)

MINDFUL BREAKS

- MID-MORNING *(WRITE A GROUNDING THOUGHT)*

- AFTERNOON *(DESCRIBE HOW YOUR BODY FEELS AT THIS MOMENT)*

- EVENING *(REFLECT ON A MINDFUL OBSERVATION E.G., SUNSET, SOUNDS OR TEXTURES)*

EVENING REFLECTION

- BEST MOMENT OF THE DAY

- WHAT CHALLENGED MY MINDFULNESS TODAY?

- HOW DID I BRING MYSELF BACK TO THE PRESENT?

- ONE THING I'M GRATEFUL FOR TONIGHT

