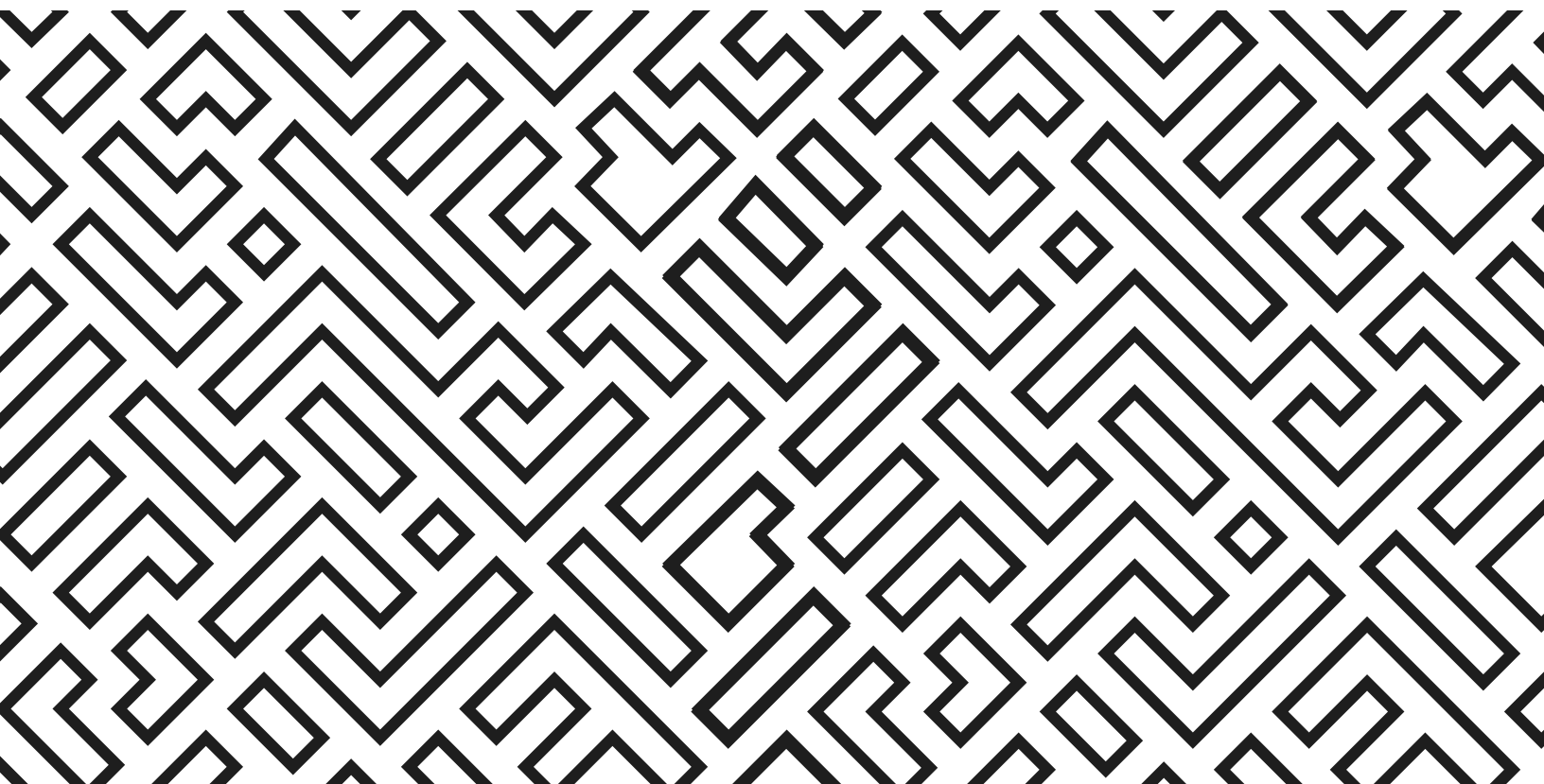


7-DAY MINDFULNESS **JOURNAL**

CREATED BY NEW LEAF FOUNDATION



ABOUT THIS JOURNAL

This journal is designed to give you space to write down your thoughts and feelings.

You can print out the pages, type directly in the document, or write your answers down on a piece of paper or in a notebook.

The journal can be done over 7 days, but if you miss a day that's ok!

Why a check-in?

The daily check-in is a mindfulness-based activity. Mindfulness just means pausing to notice what you're experiencing with a bit of curiosity. At the end of the week, you might see how your moods, feelings and experiences have changed a little or a lot.

Why a journal?

Writing and creating art can be a great way to express ourselves, providing an outlet for ideas, feelings or thoughts that sometimes run over and over in our minds. The writing prompts might help you to reflect on things you may not have otherwise considered or inspire you to look at things a different way.

Why gratitude?

Our brains are hard-wired to focus on the negative which can sometimes limit our ability to notice and enjoy even small moments of peace or happiness. Especially when times are tough, bringing a little attention to what we are thankful for can help us to get out of negative patterns and thinking. It's not about pretending everything is good, but seeing the full range of our experience.

DAILY CHECK-IN CHART

Use this chart to record your daily experience. You can fill in the boxes with a checkmark, emoji, or use different colours—it's up to you!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
I moved my body							
I noticed my breath							
I talked with a friend							
I learned something new							
I helped someone							
I took care of myself							
I felt overwhelmed							
I felt connected to others							
I felt tired							
I felt focused							
I felt angry							
I felt happy							
I felt sad							
I felt worried							
I felt energetic							
I felt bored							

DAY ONE

DATE: / /

Change happens every day both inside and outside of us, in our environment and in our bodies. Take a moment to notice how you feel.

What's changed today in the world around you? (ex. the news, weather, maybe a friendship or relationship)

What's changed inside of you? (ex. Are you feeling different than you did yesterday? Have you noticed anything change in your body?)

What changes have you noticed about how you feel towards yourself? (ex. Are you feeling good about yourself? Are feeling upset about something you said or did?)

GRATITUDE CHECK-IN

What are 3 things outside you are grateful for? (ex. trees, playing basketball)

- 1.
- 2.
- 3.

DAY TWO

DATE: / /

Listen to one of your favorite songs.

What emotion does this song make you feel?

What is your favorite part of the song? (ex. lyrics, beat, instrumental section)

GRATITUDE CHECK-IN

Write a short letter to the artist of the song to thank them for their work. Tell them why the song inspires you.

DAY THREE

DATE: / /

Take a moment to pause and notice how you feel. Now, draw a circle. Pick one colour and shade in the amount of tough feelings you're having today. Pick another colour and shade in the amount of good feelings you're having today (ex. $\frac{1}{4}$, $\frac{1}{2}$).

Look at your circle and reflect on what has made you feel good today.

Look at your circle and reflect on what are you struggling with today.

GRATITUDE CHECK-IN

Pick up your phone (or look on a laptop or other device) and find two photos that make you feel happy. Why do they make you feel happy?

DAY FOUR

DATE: / /

Life can be like a rollercoaster—we have moments of feeling up (ex. happy, hopeful, inspired) and moments of feeling down (ex. sad, hopeless).

Draw a picture of a roller coaster and label the peaks with something that makes you feel up and the lower parts with something that makes you feel down. If you don't feel like drawing, write out what makes you feel up and what makes you feel down. This doesn't have to be based on today. It can be based on the past week, month, year.

GRATITUDE CHECK-IN

Set a timer for 30 seconds. Make a list of everything you are grateful for. If you get stuck that's ok!

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DAY FIVE

DATE: / /

Self-compassion is treating yourself like you would a friend when they're struggling.

Think of a time when a friend was having a bad day and describe it.

What did you do or say to make your friend feel better?

Think of a time you made a mistake or felt bad and describe it.

What did you do or say in response to your mistake?

GRATITUDE CHECK-IN

Pick a friend and write down 3 reasons you're grateful for them.

- 1.
- 2.
- 3.

DAY SIX

DATE: / /

Each one of us has an inner critic, the voice in our head that tells us that we're wrong or not good enough. While some criticism can help us grow and improve, other criticism can be hurtful and make us feel bad unnecessarily.

Write a letter to your inner critic. Include examples of when your inner critic has been helpful and when it's been unhelpful.

GRATITUDE CHECK-IN

Take a moment to write down 3 things that you're grateful for about yourself (ex. something you're good at).

- 1.
- 2.
- 3.

DAY SEVEN

DATE:

/ /

We recharge our batteries by taking care of ourselves.

Take a moment to think about your day. Draw a battery and shade in how charged you feel (ex. If you feel tired, your battery level would be lower. If you feel energized, your battery would be more full).

What has happened today or this week to cause your battery to be more full or more empty?

What are 3 ways you can recharge your battery today or this week? (ex. talking to a friend/family member, listening to music you love, etc.)

- 1.
- 2.
- 3.

GRATITUDE CHECK-IN

What are 3 things that you're grateful for today? They don't have to be big. It could be as simple as Netflix, a song, a friend, etc.

- 1.
- 2.
- 3.

NOW WHAT?

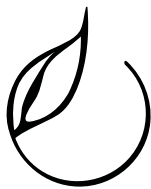
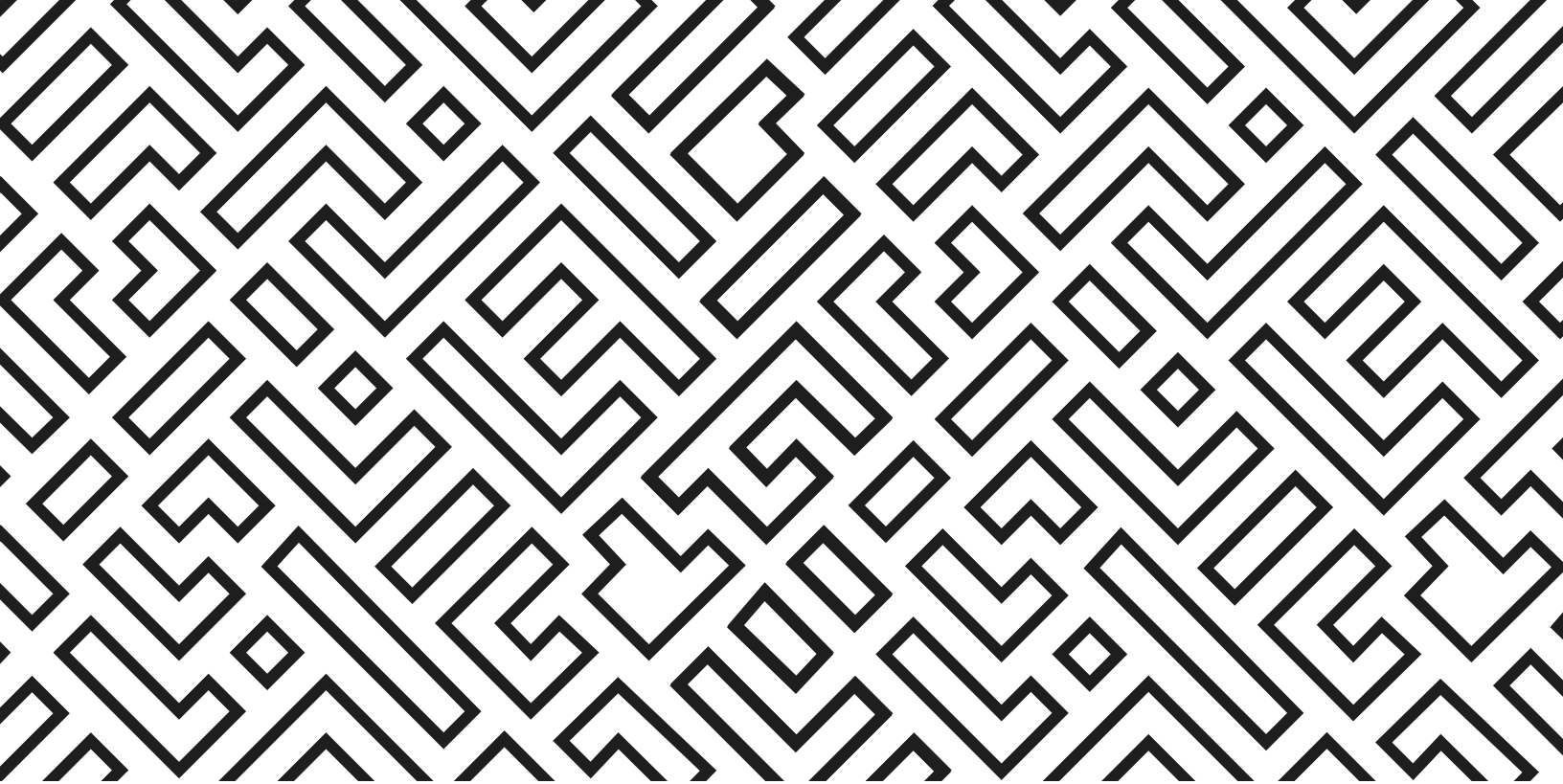
You've finished the journal, what's next? You could:

- Put on some relaxing music and color in the cover page
- Do the journal again and see how things vary from week to week
- Start your own daily journal
- Try other mindfulness activities like the guided meditation practices at [this link](#)
- Drop us a line to tell us what was helpful about this activity

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