

Mindfulness diary



HOW HAVE YOU INTEGRATED MINDFULNESS INTO YOUR DAY?

HOW DID YOU FEEL TODAY? HAVE THERE BEEN ANY EMOTIONS OR THOUGHTS THAT NEED FURTHER CONSIDERATION?

REFLECT ON YOUR BEHAVIOURS OF THE DAY. COULD YOU HAVE REACTED DIFFERENTLY?

LIST AT LEAST THREE THINGS YOU ARE GRATEFUL FOR.

Meditation für mich



www.meditationfuermich.wordpress.com