

Mind Your Moments™

7-Day Mindfulness Journal

A gentle space to slow down, reflect, and reconnect



MIND YOUR CO.

How to Use This Journal

This journal is a gentle space to slow down and check in with yourself. You don't need to write a lot. A few honest words are enough.



Day 1 – Arriving in the Present

Date: _____

Right now, I'm feeling:



One thing I notice in my body:



What does slowing down feel like today?



Day 2 – Breathing & the Body

Date: _____

What my breath feels like right now:



One place I'm holding tension:



What helps my body feel safer?



Day 3 – Mindful Moments

Date: _____

One ordinary moment I noticed today:



How did slowing down change that moment?



What surprised me?



Day 4 – Grounding & Stability

Date: _____

Something I can see, hear, or touch:



What helps me feel anchored today?



When overwhelmed, I can return to:



Day 5 – Self-Compassion

Date: _____

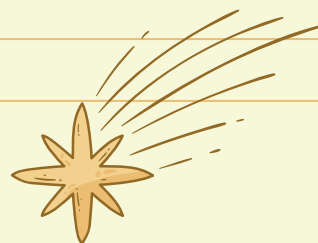
Something I've been hard on myself about:



What I'd say to a friend:



A kinder thought for myself:



Day 6 – Rest & Permission

Date: _____

Where do I need more rest?



What does rest look like today?



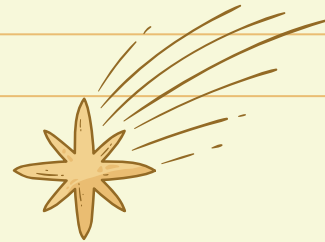
One thing I can soften or release:



Day 7 – Reflection & Integration

Date: _____

What I noticed this week:



What felt supportive:



What I want to carry forward:



A Gentle Reminder

Mindfulness isn't about being calm all the time. It's about being present — even when things feel messy



Stay Connected ✨

Explore more gentle tools for your journey:

- Mindfulness journals
- Affirmation cards
- Calm starter kits



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