



Mindfulness Planner

A gentle guide to slow down, check in, and reconnect with yourself

Mindfulness doesn't require long practices or perfect focus. This planner is designed to support small, meaningful moments of awareness throughout your day, helping you feel more grounded, present, and connected to yourself.

How I'm feeling right now (emotionally & physically):

My energy level today:

Low Moderate High Fluctuating

Today, I want to move through my day with:

- Calm
- Compassion
- Patience
- Curiosity
- Self-trust
- Other: _____

My intention:





What Helps You Bloom

This practice is an invitation to notice what helps your body and mind settle, open, or feel supported. Rather than focusing on what should help, allow your attention to rest on what you actually experience. Awareness itself is a form of care.

My body feels more settled
when...

(Notice sensations of ease,
softening, or grounding)

I feel supported or resourced
when...

(What helps you feel less alone,
more capable, or gently held?)

I feel a sense of safety when...

(What allows your nervous system
to rest or stay present?)





Mindful Moments

Activity	S	M	T	W	T	F	S
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Take 3 slow, mindful breaths and notice your body	<input type="checkbox"/>						
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Pause to notice one thing you can see, hear, or feel	<input type="checkbox"/>						
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Stretch or move gently while paying attention to sensations	<input type="checkbox"/>						
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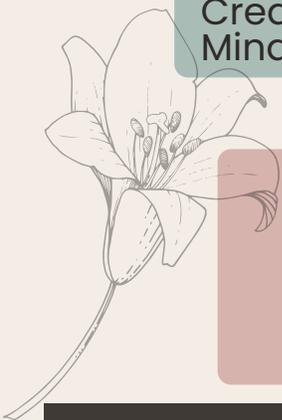
Spend 1-2 minutes noticing your posture and how your body feels	<input type="checkbox"/>						
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Step outside and notice one natural element (sky, air, sounds)	<input type="checkbox"/>						
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End the day with a brief check-in: how did my body feel today?	<input type="checkbox"/>						
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Create Your Own Mindful Moment	<input type="checkbox"/>						
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Notes



Echo & Bloom

Date:

Breath & Body Awareness

Practice used today:

- Box Breathing
- Deep Belly Breathing
- Body Scan
- Gentle Stretching
- Other: _____

Physical sensations noticed:

Thoughts & Emotions

Thoughts that stood out today:

Emotions I noticed (without judgment):

Self-Compassion Check

One way I showed myself care today:

One reminder I need to hear right now:

Reflection & Insight



Something I learned about myself today:

What I want to carry forward into tomorrow:

Closing Grounding Moment:

- Take 3 slow, mindful breaths - inhale gently, pause, exhale fully, and notice your body.
- Place a hand on your chest or belly - feel your breath and remind yourself you are supported: "I am safe, I am steady, I am held."
- Feel your feet planted on the ground - notice the weight of your body, the support beneath you, and the sense of stability this brings.

