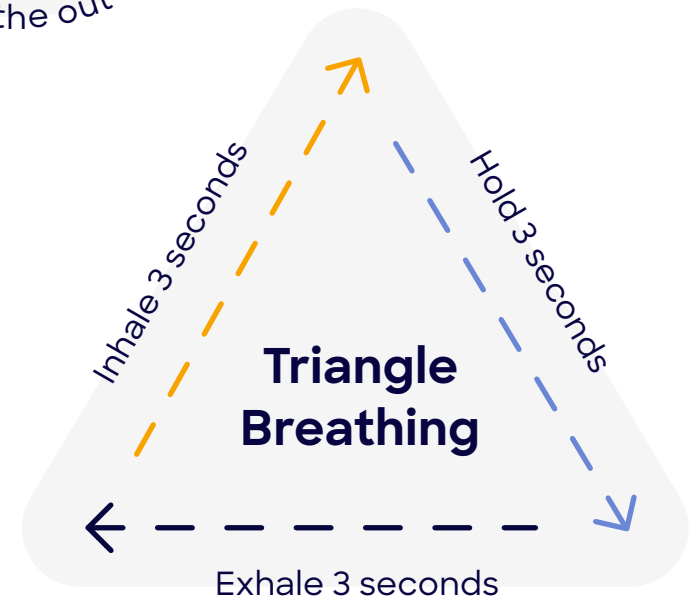
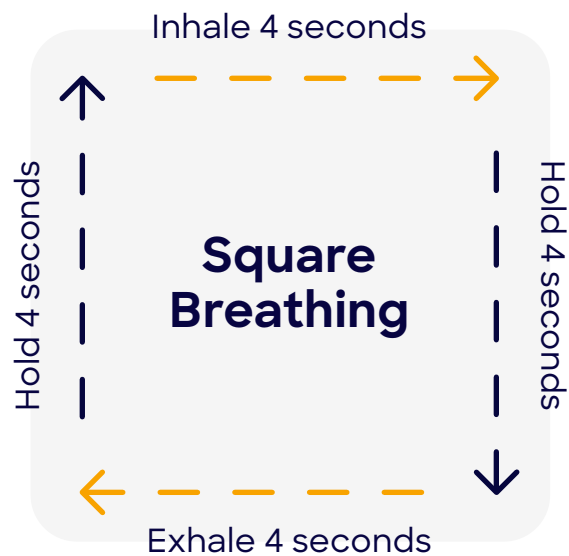
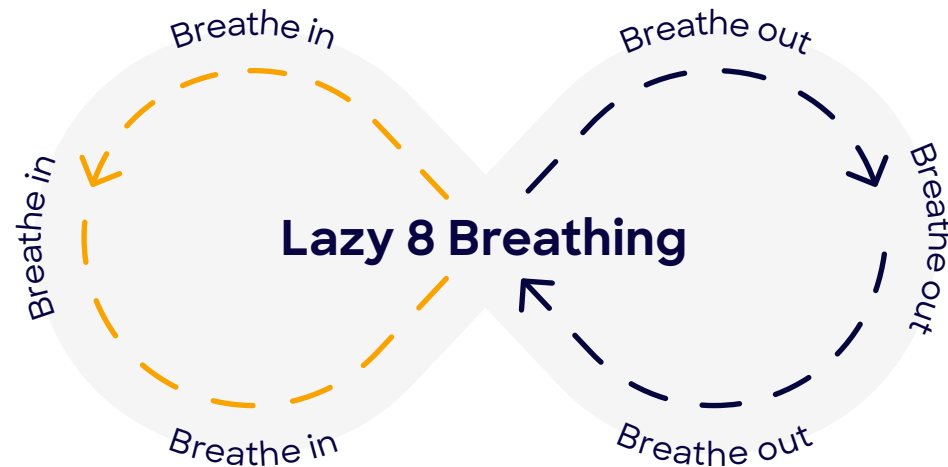


3 Easy Breathing Activities To Inspire Mindfulness

Directions: Trace the shapes while taking deep breaths. Repeat as needed.



Morning Reflections

Date: _____

Wake-up time: _____

Reminders

- Take deep breaths
- Move and stretch
- Hydrate
- Take vitamins
- Set daily intention
- Set daily goals

How I'm feeling today:

Today's intention:

Today's top 5 tasks:

Today's top 3 goals:

Evening Reflections

Date: _____

Bedtime: _____

Reminders

- Take deep breaths
- Do skincare routine
- Make a cup of tea
- Take supplements
- Read part of a book
- Practice gratitude

How I felt today:

Today's challenges/lessons:

Today's biggest takeaway:

I'm grateful for:
