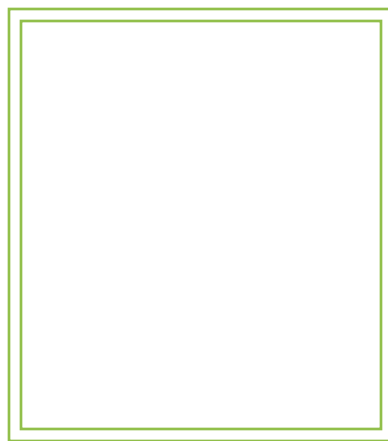
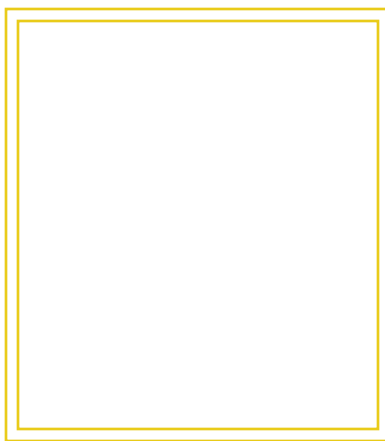
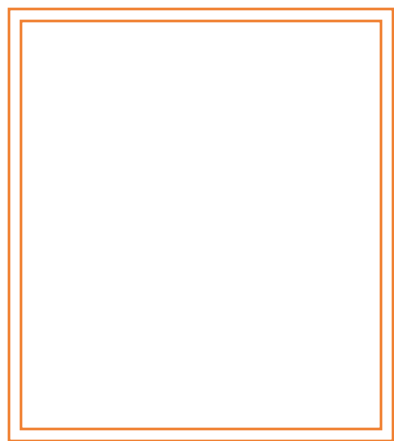


10 MINUTES TO REFLECT ON YOUR DAY

_____ Date:

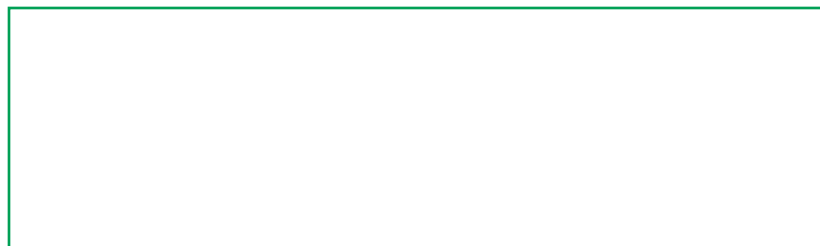
Three moments you'd like to remember:



One idea from today you'd like to explore further:



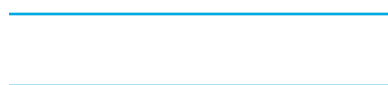
Your initial thoughts:



Two events or news stories out in the world that caught your attention:



One of the day's triumphs, big or small:



One of the day's challenges, big or small:



One thing you learned from your triumph or challenge:



10 MINUTES TO REFLECT ON YOUR DAY

_____ Date:

Three moments you'd like to remember:

Two events or news stories out in the world that caught
your attention:

One idea from today you'd like to explore further:

Your initial thoughts:

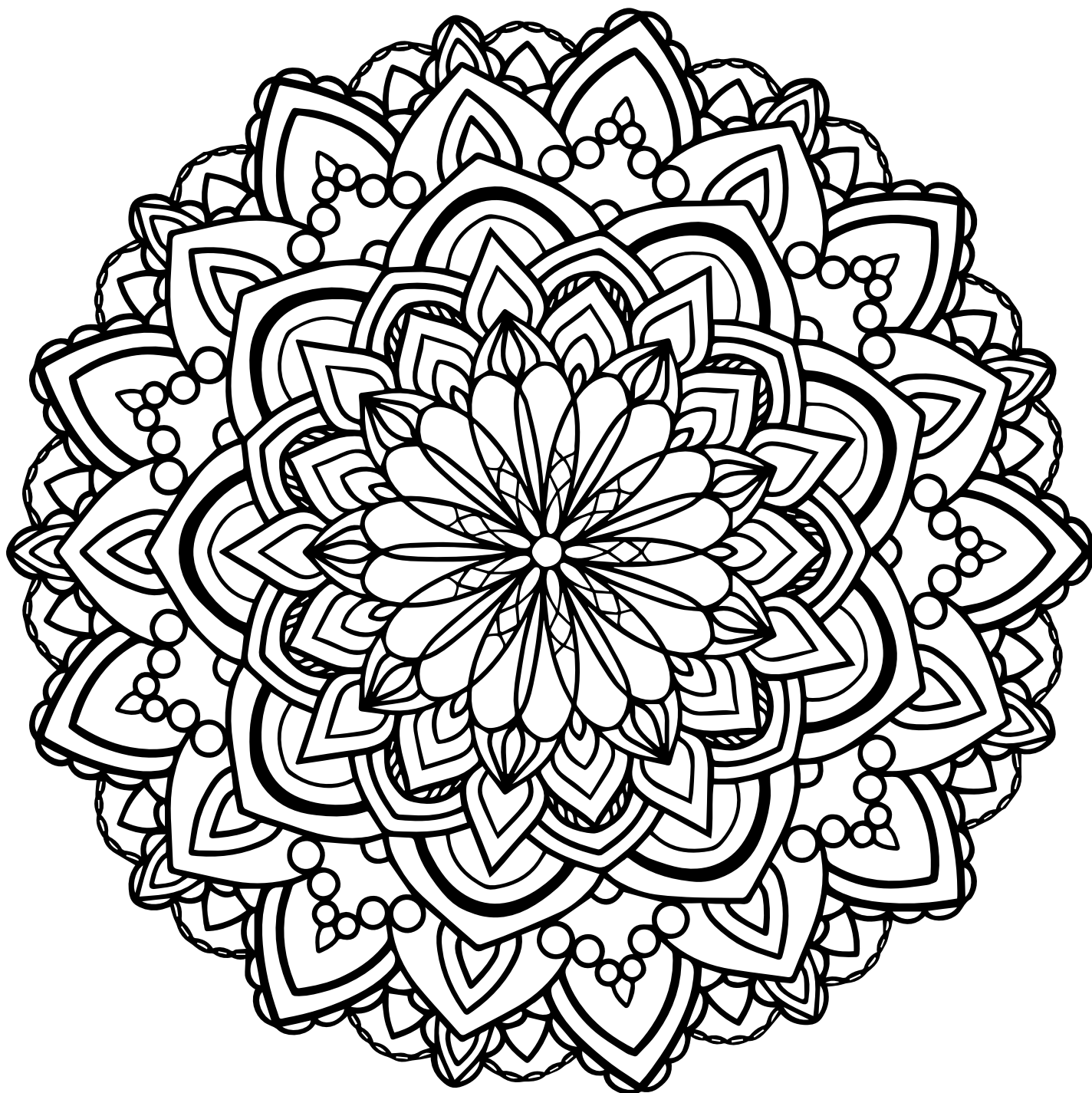
One of the day's triumphs, big or small:

One of the day's challenges, big or small:

One thing you learned from your triumph or challenge:

MINDFULNESS MANDALA

As you color the mandala, pay close attention to every detail as much as you can. Color slowly and calmly, with care and control.



Gratitude Journaling

1. List five things that you are grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

2. Write down why you are grateful for each of the things on your list:

- 1.
- 2.
- 3.
- 4.
- 5.

3. Think about a recent challenge or difficulty you faced. Write down one thing that you learned from the experience that you are grateful for:

4. Reflect on a person who has had a positive impact on your life. Write down how they have influenced you and why you are grateful for them:

5. Consider something small that you often take for granted (e.g. a daily routine or a physical ability). Write down why you are grateful for it:

6. Reflect on a happy memory or moment that you cherish. Write down why you are grateful for that experience:

7. Finally, take a moment to appreciate yourself. Write down one thing that you are proud of yourself for:

Remember to revisit this worksheet whenever you need a reminder of the good things in your life.