

Daily Mindfulness Log



Today I Feel:

(Describe your current mood or energy in a few words)

What's on My Mind:

(Thoughts, worries, or things you want to release)

One Grounding Moment I Can Choose Today:

(A walk, deep breath, tea break, quiet time)

One Word to Focus On:

(Calm, Ease, Breathe, Presence, etc.)

Gentle Note to Myself:

(Write one kind sentence to yourself)

Evening Reflection (Optional):

Did I pause today?

☐ Yes ☐ A little ☐ Not yet

One moment I'm grateful for:
