

CAREERSHODH PRESENTS



MINDFULNESS

JOURNAL

YEAR 2024

THIS JOURNAL BELONGS TO :



DATE / /

**TODAY'S INTENTION**

*Set a simple, positive goal for the day. Examples: "I will be patient," "I will practice gratitude," or "I will stay present."*

**GRATITUDE PRACTICE**

*List things you are grateful for today.*

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**MINDFULNESS FOCUS**

*Choose a specific area to observe or focus on today (e.g., breathing, emotions, body sensations, thoughts).*

**FREE THOUGHTS**

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MOOD CHECK

How are you feeling right now? Circle and describe



Q. What triggered this emotion?

\_\_\_\_\_  
\_\_\_\_\_



Q. How is my body responding to the emotion?

\_\_\_\_\_  
\_\_\_\_\_



Q. Am I Accepting or Rejecting the Emotion

\_\_\_\_\_  
\_\_\_\_\_



Q. How can I respond to this emotion with compassion?

\_\_\_\_\_  
\_\_\_\_\_



Q. Is this emotion permanent or temporary?

\_\_\_\_\_  
\_\_\_\_\_



Other



## REFLECTION - EMOTION

Start by identifying the specific emotion you're feeling, whether it's happiness, anger, sadness, or a mix of emotions. Once you've labeled the emotion, spend 5 minutes freewriting without judgment. Don't worry about grammar or structure—just let the emotion flow onto the page. Consider writing about what triggered the emotion, how it affects you physically, and when you last felt this way. Afterward, reflect on the root cause: Was it an event, a person, or a situation? Next, rate the intensity of your emotion on a scale of 1 to 10, and explain why you gave it that rating. Lastly, explore how this emotion impacts your thoughts, behavior, and interactions with others. By the end of the exercise, you'll have a deeper understanding of the emotion and how it influences you.

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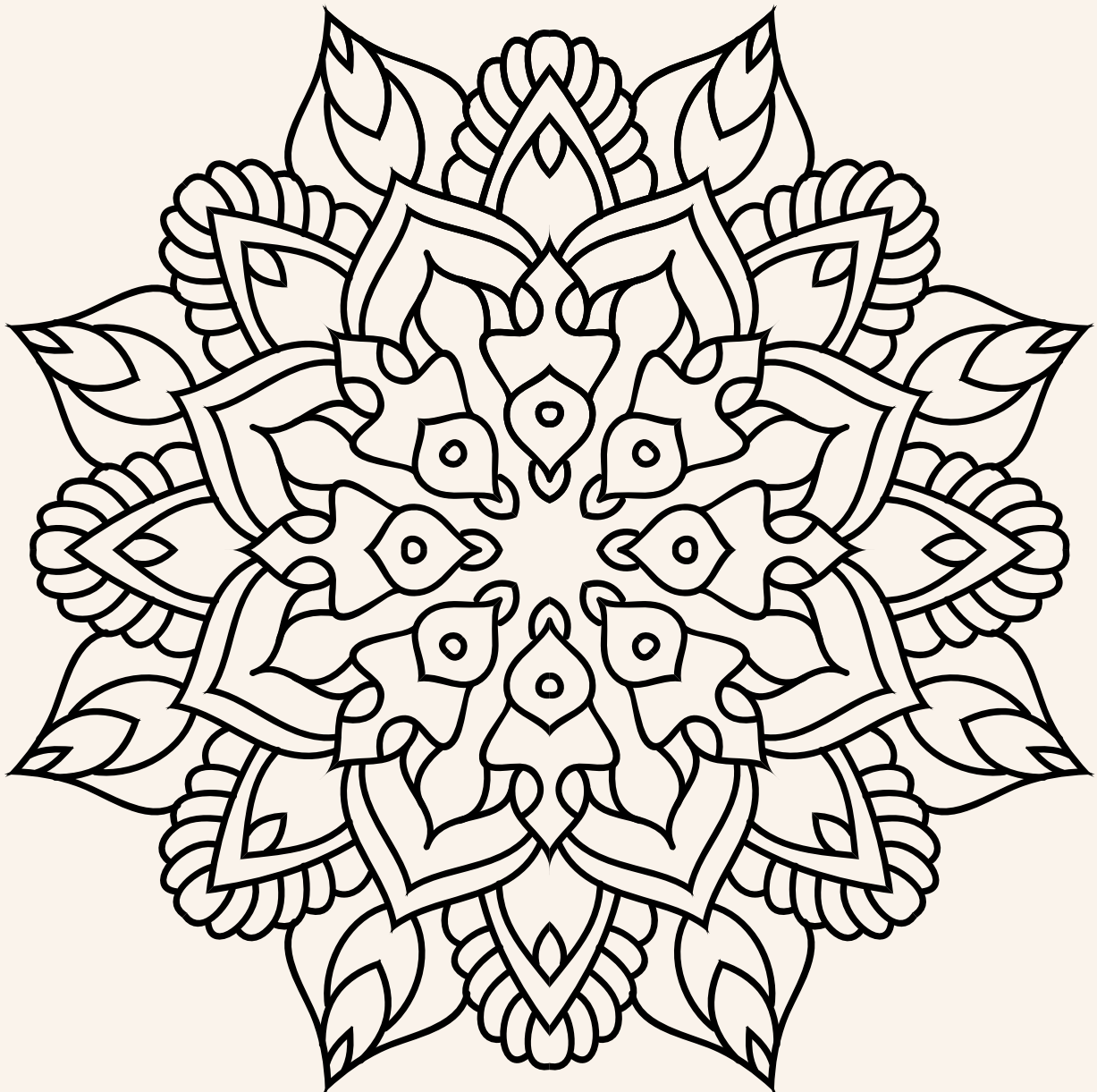


| PROMPT  | MORNING | AFTERNOON | EVENING |
|---|---------|-----------|---------|
| Q. What is one thing I can do today to be present?                      |         |           |         |
| Q. What positive thing has happened today that I might have overlooked? |         |           |         |
| Q. How can I be kind to myself today?                                   |         |           |         |
| Q. What does my mind need right now to feel calm and balanced?          |         |           |         |
| Q. What am I feeling emotionally at this moment?                        |         |           |         |



DATE / /

As you begin to color your mandala, focus on each shape and section. Notice how the colors interact with each other. Pay attention to your breathing as you move your hand across the page. If your mind starts to wander, gently bring it back to the present moment. Let the act of coloring be a calming and meditative experience—there’s no rush, no need for perfection, just you, the colors, and the present moment. How does each color make you feel? What emotions or thoughts come up as you fill in each part of the mandala? Allow yourself to fully immerse in the process.



**REFLECTION - KINDNESS**

Find a quiet space, close your eyes, and take a few deep breaths. As you settle into the present moment, reflect on how you've spoken to yourself today. Were there moments when you were critical or hard on yourself? Now, gently bring to mind a situation where you struggled or made a mistake. Instead of judging yourself, imagine speaking to yourself with the same kindness you would offer a close friend.

What would a compassionate voice say? Take a moment to write these words down. How can you be more gentle and forgiving with yourself in the future? As you reflect, acknowledge that self-kindness is a powerful way to nurture your well-being, and remind yourself that it's okay to be imperfect. Finish by writing down one kind thing you can do for yourself today.

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Thanks for journaling with us! Remember, your journey doesn't stop here—keep writing, reflecting, and growing.

Want more tips, prompts, and inspiration? Follow us on social media and stay connected with our community!

**Follow us on Instagram: @careershodh**

**Visit our website for more resources:  
[www.careershodh.com](http://www.careershodh.com) or [PsychUniverse.com](http://PsychUniverse.com)**

We'd love to hear from you—tag us in your journaling journey and let's keep the conversation going!

