



MINDFULNESS JOURNAL

Ananda Holistic Healing

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Welcome to the Mindfulness Journal.

Have fun with this journal, and write with a curious mind, be interested and inquisitive about your thoughts, take time to consider the questions and any deeper thoughts they may stir up within you. Have the attitude of a playful detective, interested in your inner workings and eager to look for different outcomes/perspectives.

Mindfulness is so beneficial for your overall wellbeing. Practicing mindfulness is simple and as with all practices it takes time to develop this skill until it becomes a natural habit. So be easy on yourself, have fun, and enjoy the mindfulness journey.

Danielle x

P.S. If you would like further support in your mindfulness journey please feel free to contact me so I can support you to be empowered to live the life of your dreams x



What is the kindest thing
anyone has ever said to me?
How did it make me feel?





What advice I would give my
younger self?





If I had no limitations
whatsoever (e.g. limitless
money, time, resources etc)
what would I be doing right
now?





What am I most proud of about
myself?



(e.g. my kindness/generosity/
thoughtfulness/skills/honesty/
playfulness/energy/humour).

✦ ✦ What is something I value highly in ✦ ✦
other people?
(e.g. honesty/consideration/
kindness/playfulness)



What simple things in life bring
me joy?



(e.g. drinking a cup of tea,
spending time in nature,
listening to my favourite
music).



What do I wish was different
about my childhood? How
would this have affected my life
differently?





What are my biggest strengths?
How can I use them to achieve
my goals?



✦ ✦ What are my biggest weaknesses? ✦ ✦

What inner growth lessons are they
teaching me?

(e.g. letting go of judgement
/perfectionism, learning acceptance
and how to change perceptions).



Where do I want to see myself
in 5 years time? What will I be
doing? What people will I be
surrounded by?





In what ways have I grown as a person in the last few years?





My favourite quote is.....
and why?





One of my happiest memories
is...





The things I think my
family/friends value about me
are...





What are my biggest
achievements in my life so far
are? How did I accomplish
them?





The biggest challenges that I
have overcome are....





The biggest challenges I still
have are...





When I woke up this morning
my first thoughts were about...



✦✦ What patterns of thought do I notice ✦✦
myself having when I am feeling
down?
(e.g. I'm not good enough/smart
enough/attractive enough etc).



When I am feeling good, what thoughts do I notice I am having? (e.g. I feel lucky/blessed, I love....., I am really interested in....., I am looking forward to.....).





When I am feeling nervous
about doing something new,
what thoughts am I having?



✧✧ When I am feeling down do I practice ✧✧
self-compassion?

(being kind to myself and offering
words of comfort e.g. telling myself
everyone makes mistakes, it's ok to
feel down sometimes).



What is something I would like
to do everyday?





What is something I would like
to do if I had no fear?





If I could meet anyone in history,
who would I like to meet? Why?





If I could have any super power,
what would it be and why?





What is one of my happiest
memories? Why?





What am I looking forward to
this week/month/year?





What is something that I used
to love doing but I don't do
anymore? Can I go about doing
it again or something similar?





Who do I feel like talking to
when I have a funny story to
tell? Why?





Who do I feel like talking to
when I have a problem and
need support? Why?





What is something I want to tell
someone but I am too
afraid/nervous/embarrassed/
ashamed to say?





What is something I really wished someone had apologised to me about? How would my life be if I got this apology? Would it make a big difference?





Is there anything I have done
that I wish I had apologised for?
Can I do something about this
sometime in the near future?





What are some new skills or knowledge areas that I would like to develop? How can I go about developing them?

