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

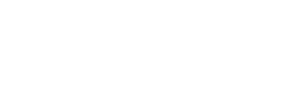
P.S. If you would like further support in your mindfulness journey please feel free to contact me so I can support you to be empowered to live the life of your dreams x



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?