Mindfulness Journal

4 Week



ReAmbition

Ignite Thrive Achieve

Day 1	Date:
3 things I am grateful for Today are… *1.* *2.* *3.*	*Something I Did Well Today is…*
I had Fun Today when…	*Something I felt Proud of Today is…*
Something I learned about myself today is….	
My Affirmation or Mantra for Tomorrow is…	

Day 2	Date:
3 things I am grateful for Today are… *1.* *2.* *3.*	*Today I accomplished….*
Today I had a Positive Experience with…	*Something I did for Someone Else Today is….*
Something I learned about myself today is….	
My Affirmation or Mantra for Tomorrow is…	

Day 3	Date:
3 things I am grateful for Today are… *1.* *2.* *3.*	*Today I felt good about myself when….*
Someone else made me proud today when they…	*Today was Interesting because….*
Something I learned about myself today is….	
My Affirmation or Mantra for Tomorrow is…	

Day 4	Date:
3 things I am grateful for Today are… *1.* *2.* *3.*	*A Challenge I faced and handled well Today was…..*
Something Positive that Surprised me today was…	*Something that Someone else did for me Today that I appreciated was….*
Something I learned about myself today is….	
My Affirmation or Mantra for Tomorrow is…	

Day 5	Date:
3 things I am grateful for Today are… *1.* *2.* *3.*	*Today I was Impressed by…..*
An obstacle I overcame easily today was…	*The thing that I enjoyed most today was….*
Something I learned about myself today is….	
My Affirmation or Mantra for Tomorrow is…	

Day 6	Date:
3 things I am grateful for Today are… *1.* *2.* *3.*	*Today I was Inspired by...*
An act of Self Care I practiced Today was…	*The Person / People I spent quality time with today was….*
Something I learned about myself today is….	
My Affirmation or Mantra for Tomorrow is…	

Day 7	Date:
3 things I am grateful for Today are… *1.* *2.* *3.*	*A Healthy Choice I made for myself Today was…*
The Person I am most grateful for today is … *Because…..*	*I honored myself today by…*
Something I learned about myself today is….	
My Affirmation or Mantra for Tomorrow is…	

My Week in Summary

Reflect on the past Week:

What were your Victories for the week? What went well or better than expected?

What will you do to Celebrate these victories? (Tell Someone, Treat myself, etc.)

Looking back on the challenges you faced:

Are there any challenges or themes that keep repeating or coming up? If so, what are they?

Are these challenges that you can Accept or need to Change? If you need to change them, what will you do differently next time?

What is your mantra / affirmation for the Upcoming Week?

“Challenges are what make life interesting. Overcoming them is what makes life meaningful.”

Joshua J. Marine

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“To love oneself is the beginning of a lifelong romance.”

Oscar Wilde

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“The fastest way to bring more wonderful examples of abundance into your personal experience is to take constant notice of the wonderful things that are already there.”

Esther Hicks

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“Everything you want is on the other side of fear.”

Jack Canfield

Thank You for Choosing ReAmbition Coaching!

For More Information

Please Visit:

www.re-ambition.com

ReAmbition

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