

# *My* **Mindfulness** *Journal*



Includes Booklet format &  
Interactive journal format





# About this Resource



## 2 Formats Included:

1) **booklet format** (fold activity pages on line then insert open side into the spine of the book and staple).

2) **Interactive journal pages** - these are the same activities included in the booklet format and can be cut out and glued into any composition book that your students are using as their Mindfulness Journal.

## Activities include:

1. **Daily entries** - each page has a different motivating or encouraging quote for students to think about.

### Page sections include:

- *Today I am grateful for...*
- *I will make it a good day by...*
- *I would like to let go of... I would like to hold onto...*
- *Something positive that happened today was...*

2. **My Positive Petals** - where students write about 8 positive characteristics

3. **10 Things I love About Myself** - Think & write 10 things you love about yourself in each puzzle piece.

4. **Flip It!** - Students read the Fixed Mindset statements then turn them into Growth Mindset statements.

5. **Mindful Poses** - students stand in poses such as The Superman, The Wonder Woman, and The Victory Pose thinking about encouraging self-talk words & phrases that help them feel strong, brave, confident and happy - then jot those words in the talking bubbles.

6. **Spidey Senses** - Students get in tune with their senses and the world around them as they use their senses to feel, smell, see, hear, and taste.

7. **The Mindful Jar** - Fill the jar with positive words or phrases that make you feel good about yourself.



Words to hold onto.

# *My* Mindfulness *Journal*



This journal belongs to

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Words to hold onto.

# *My* Mindfulness *Journal*



This journal belongs to

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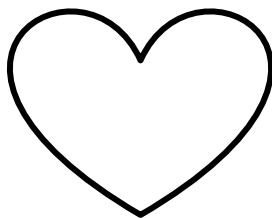
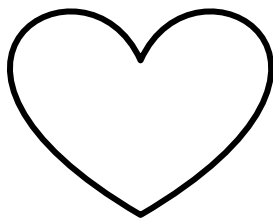
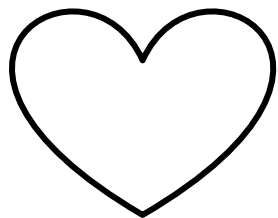
"Life can only be understood backwards; but it must be lived forwards." - Søren Kierkegaard

Date \_\_\_\_/\_\_\_\_/\_\_\_\_



**Morning (AM):**

**Today, I am grateful for...**



**I will make it a good day by...**

1

2

3



**AM or PM:**

I would like to let go of...

I would like to hold onto...



**Afternoon (PM):**

**Something positive that happened today was...**



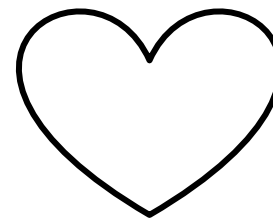
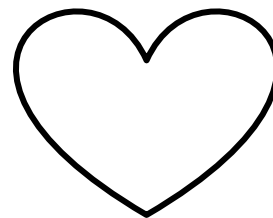
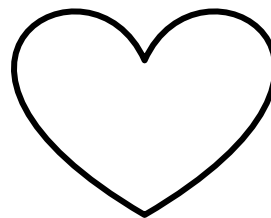
Breathe. Step back. Think. Then react.

Date \_\_\_\_/\_\_\_\_/\_\_\_\_



**Morning (AM):**

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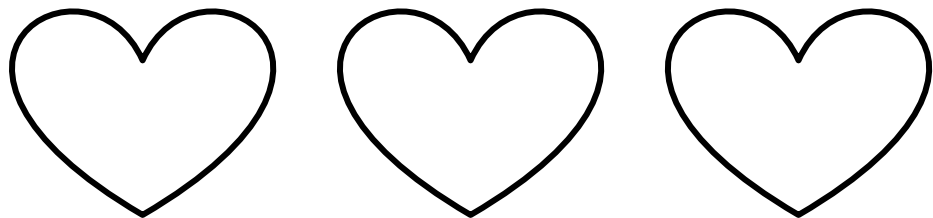


"A single flower can be your garden, a single friend can be your world."




Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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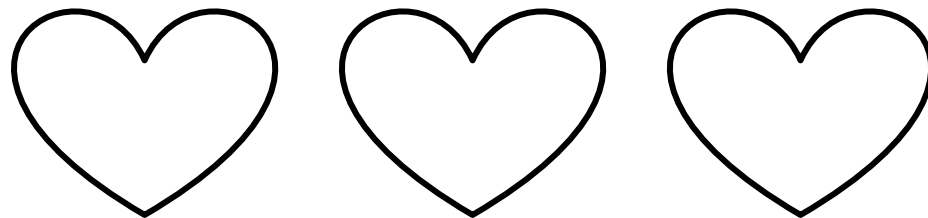


"Breathe. Step back. Think. Then react."




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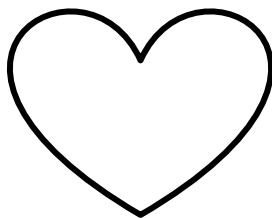
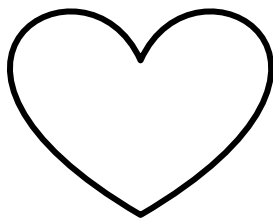
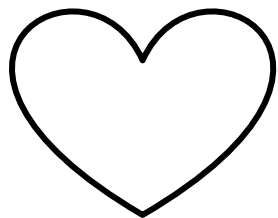
"When you realize there is nothing lacking, the whole world belongs to you." - Lao Tzu

Date \_\_\_\_/\_\_\_\_/\_\_\_\_



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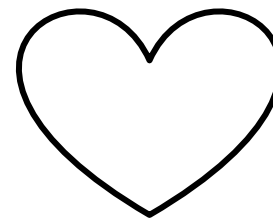
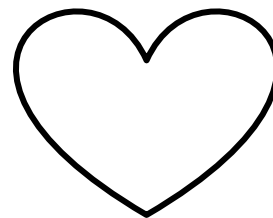
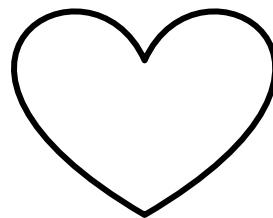
"Do good and be good. And this will take you to freedom and to whatever truth there is." - Siddharta

Date \_\_\_\_/\_\_\_\_/\_\_\_\_



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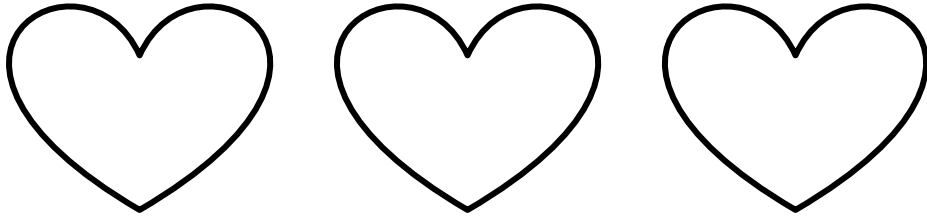


"Walk as if you are kissing the Earth with your feet." - Thich Nhat Hanh




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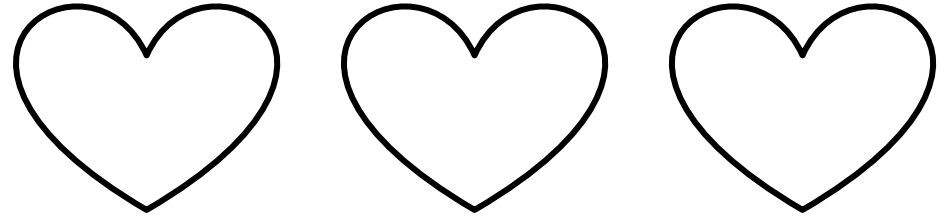


"How do you spell love?" - Piglet  
"You don't spell it. You feel it." - Pooh




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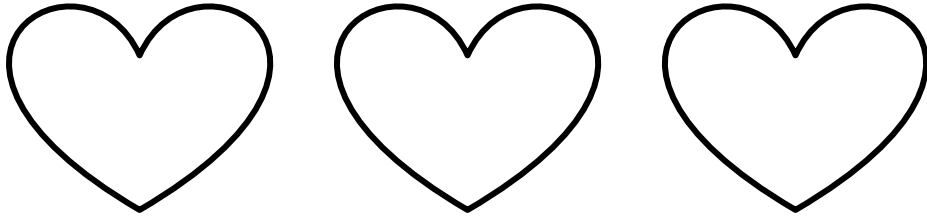


"I am ENOUGH. Who I am is ENOUGH. What I do is ENOUGH. And what I have is ENOUGH."




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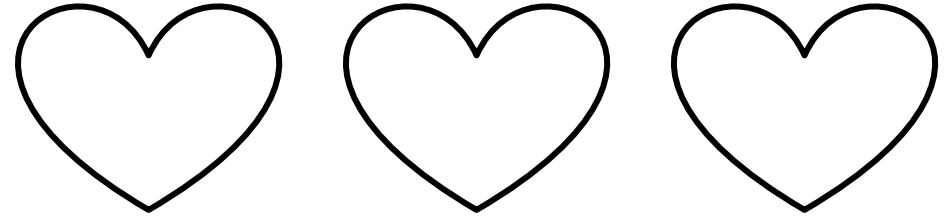


"It doesn't have to be perfect to be wonderful."




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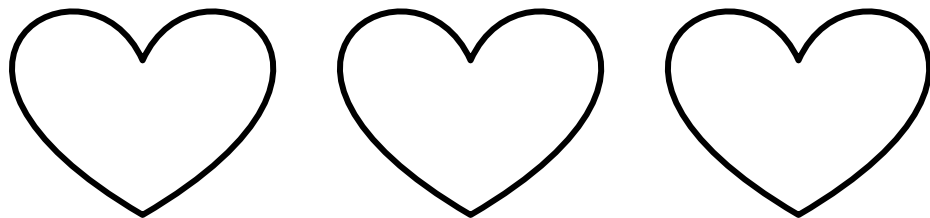


"Don't decrease the goal. Increase the effort."




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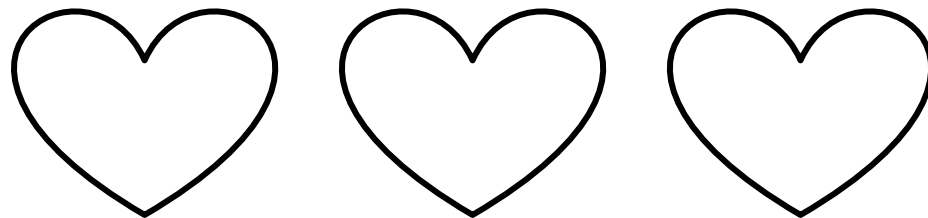


"Be like a postage stamp. Stick to a thing till you get there."




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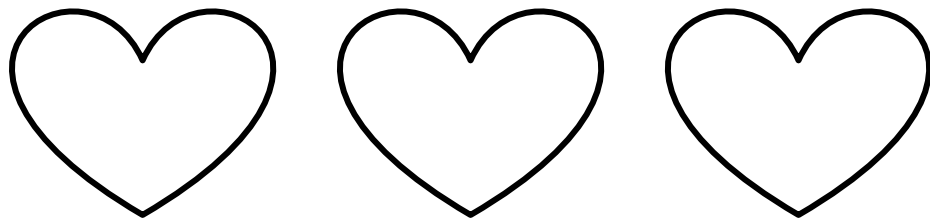







"If it doesn't CHALLENGE YOU, it won't CHANGE YOU!" Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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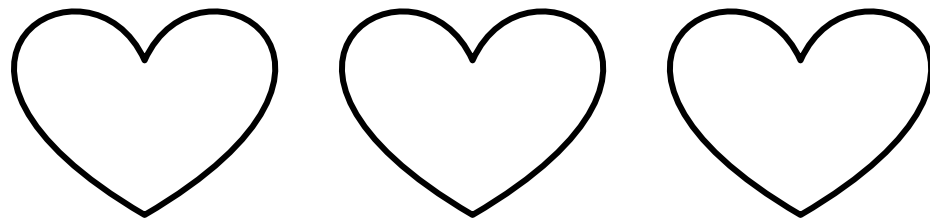
Something positive that happened today was...


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"Success is the sum of small efforts, repeated day in and day out." Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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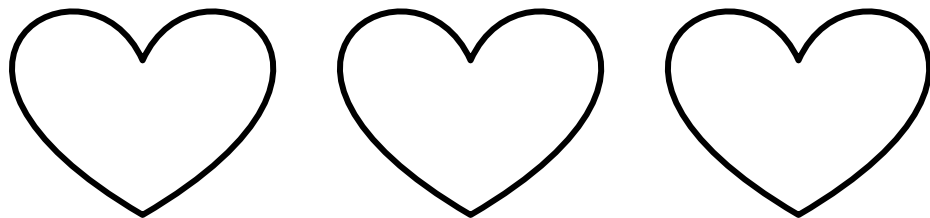


"Inhale COURAGE,  
Exhale, FEAR!"




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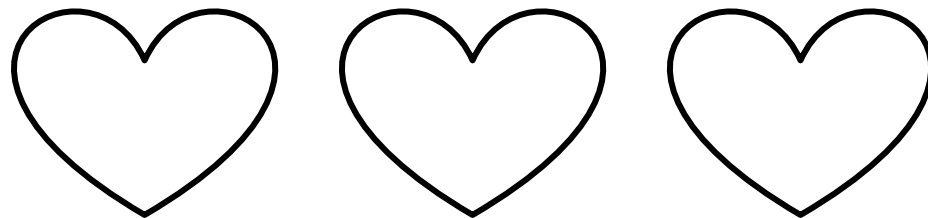



You are POWERFUL, CONFIDENT, BRILLIANT and  
BRAVE!




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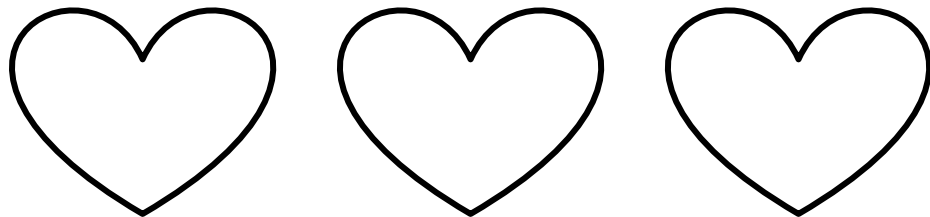



"You create your own calm."




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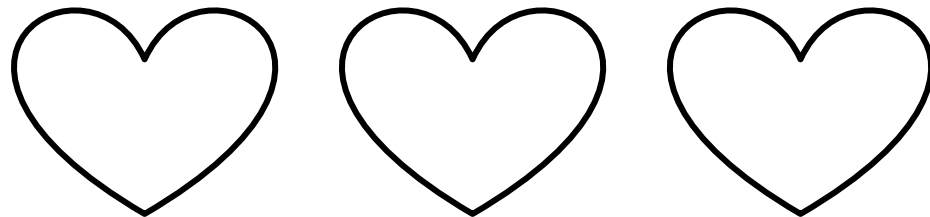

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"Keep going,  
Keep growing!"




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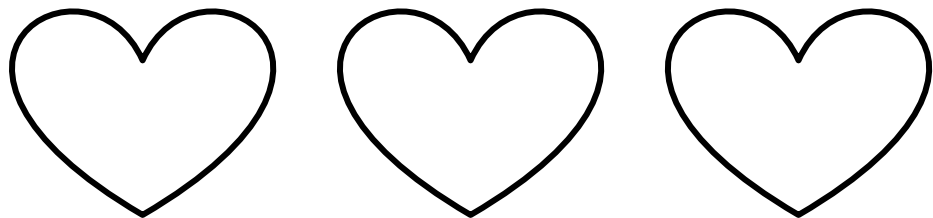


"Beauty begins the moment you decide to be yourself."




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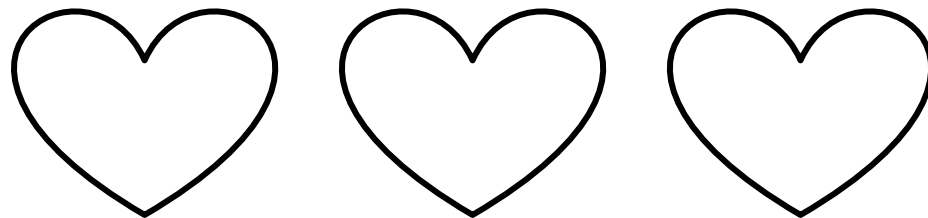



"No dream is too weird."




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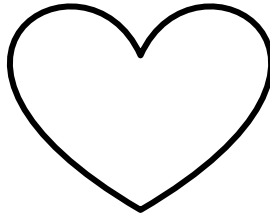
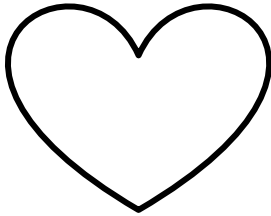
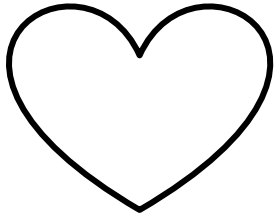
"Today is filled with abundant opportunities."

Date \_\_\_\_/\_\_\_\_/\_\_\_\_



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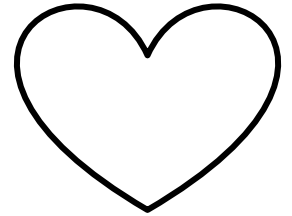
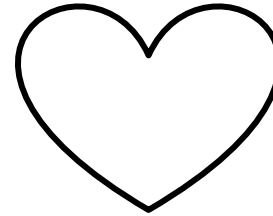
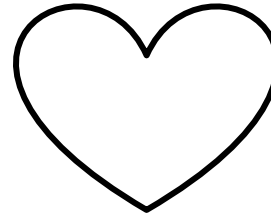
"I make a difference by showing up every day and doing my best."

Date \_\_\_\_/\_\_\_\_/\_\_\_\_



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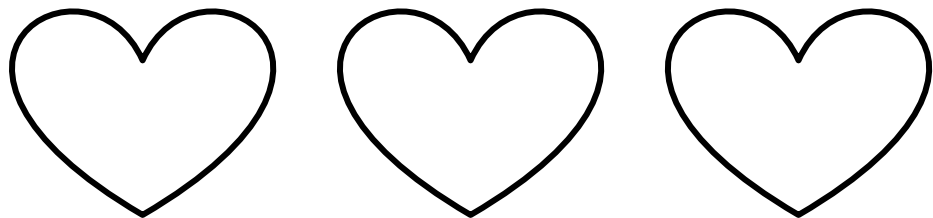


"Attention is the rarest and purest form of generosity." - Weil




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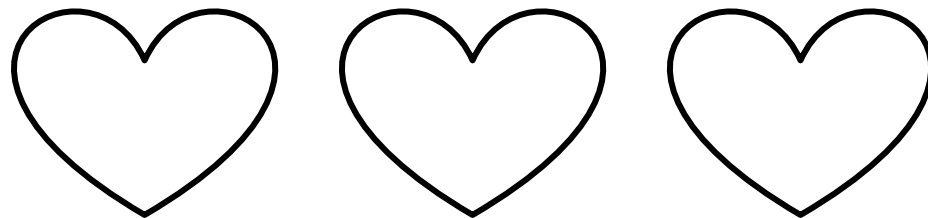


"One, small, positive thought in the morning can change your whole day."




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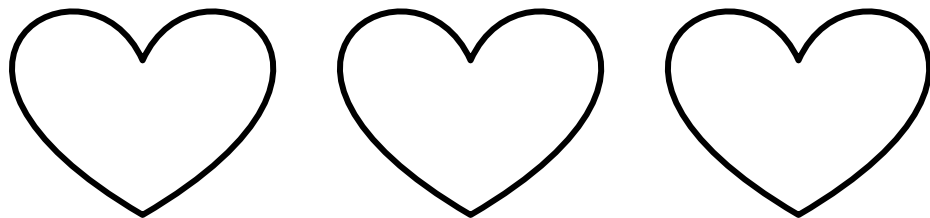


"Sometimes staying strong feels impossible, but giving up is not an option."




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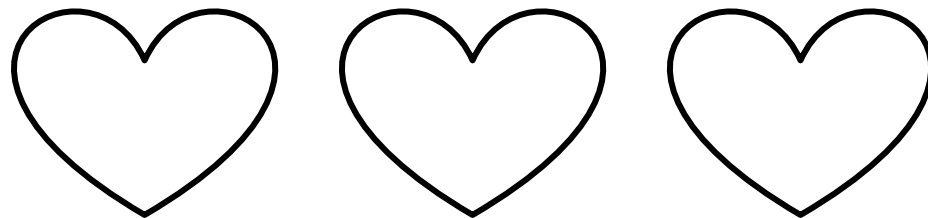


"Deep breaths. Less stress."




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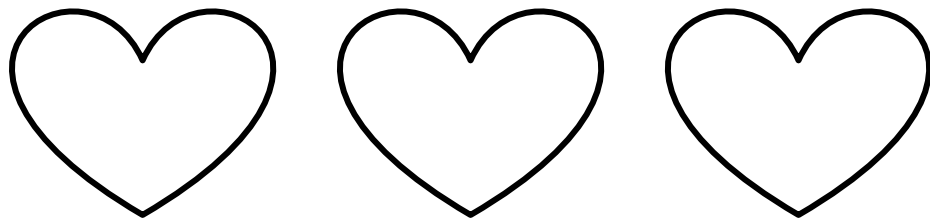







"Don't just look, OBSERVE. Don't just swallow, TASTE. Don't just sleep, DREAM. Don't just think, FEEL. Don't just exist, LIVE!" Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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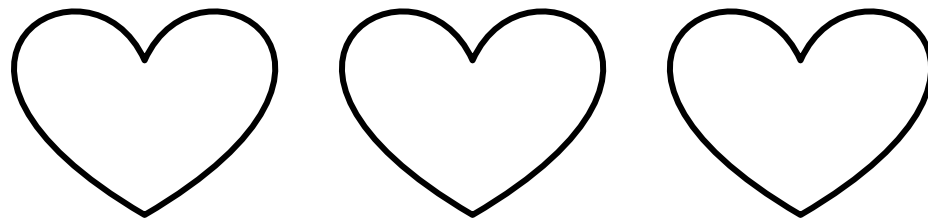
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"KINDNESS is free. Sprinkle that stuff EVERYWHERE!" Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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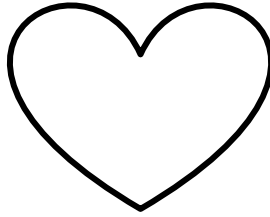
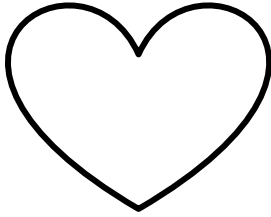
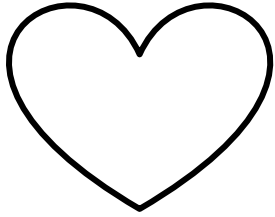
"No matter how many mistakes you make or how slow your progress - you're still way ahead of everyone who isn't trying."

Date \_\_\_\_/\_\_\_\_/\_\_\_\_






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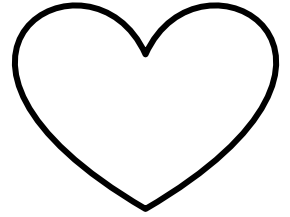
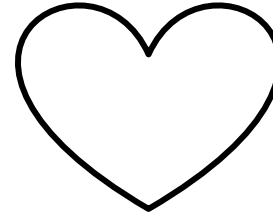
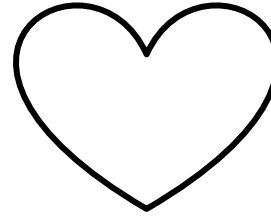
"No act of KINDNESS, no matter how small, is EVER wasted."

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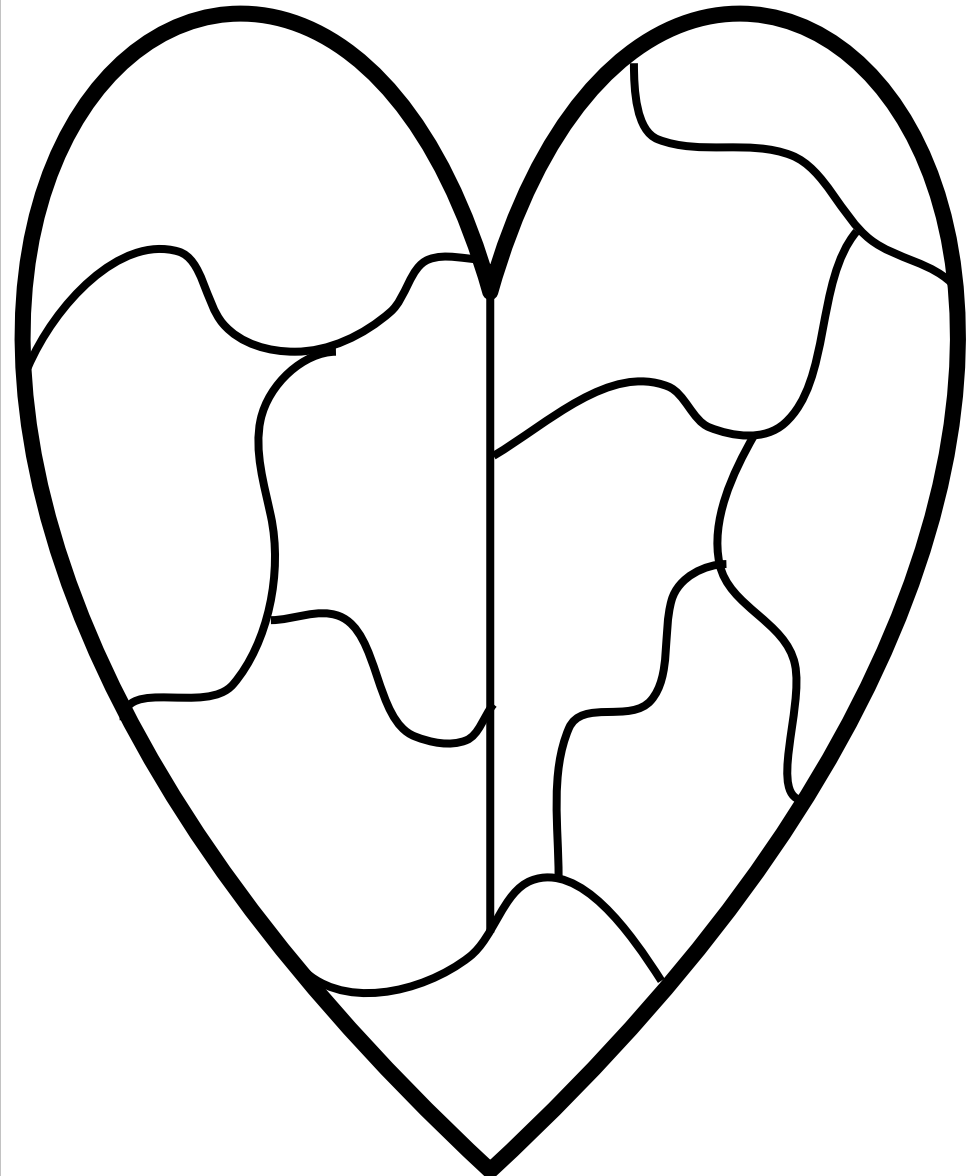
# My Positive Petals

Think & write **8 positive things** about **yourself** in each petal.



# 10 Things I LOVE About MYSELF!

Think & write **10 things** you **LOVE** about **yourself** in each puzzle piece.





# Flip It!

Flip these **Fixed Mindsets**  
to become **Growth Mindsets**!

I just can't  
do this! I give  
up!

This is making  
me frustrated!

I made a  
mistake.

What if I fail?

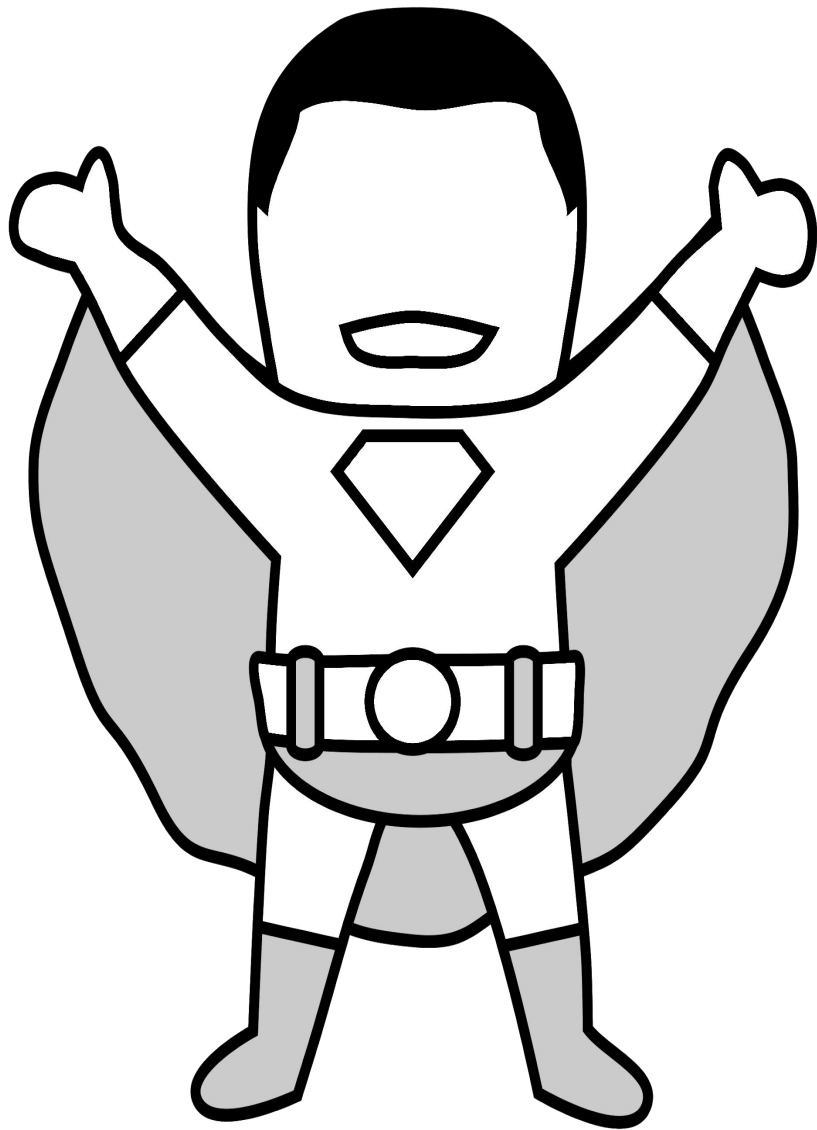
This is too  
easy/hard!

I'm never  
going to  
understand  
this.

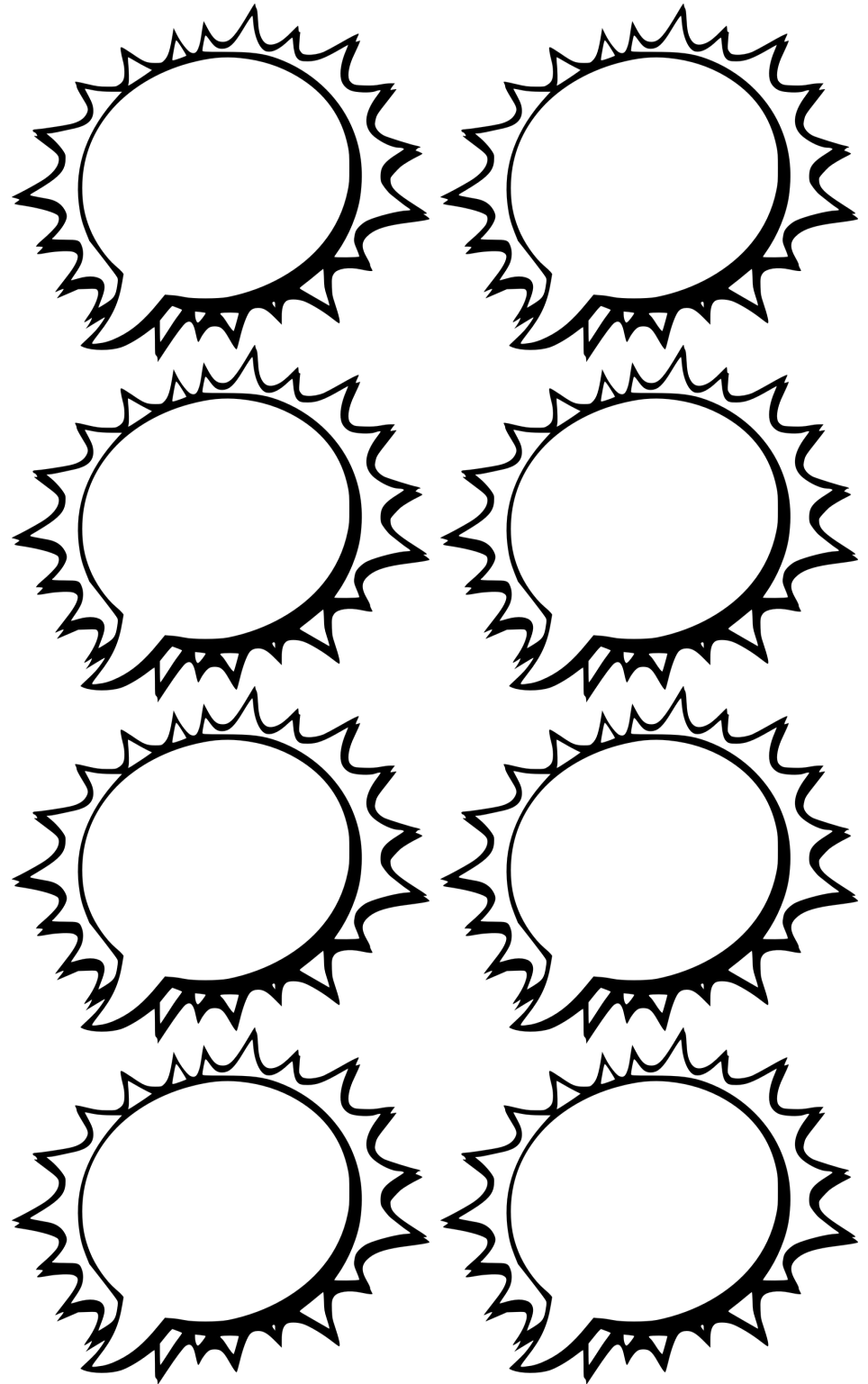
Well, that  
didn't work!



# The Superman



Stand in a Superman pose then write encouraging self-talk words or phrases that help you feel strong, brave, confident, and happy.

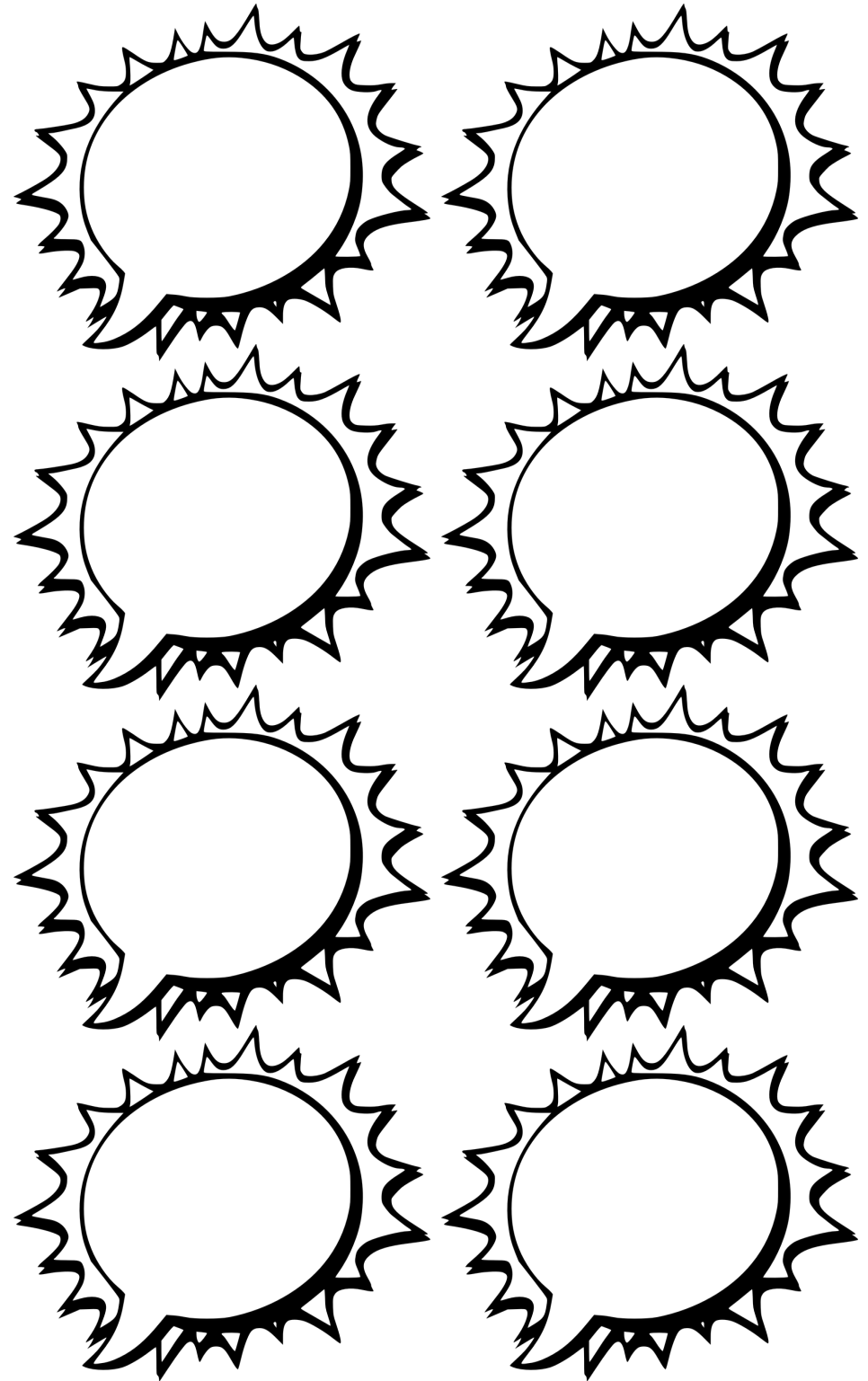




# The Wonder Woman



Stand in a Wonder Woman pose then write encouraging self-talk words or phrases that help you feel strong, brave, confident, and happy.

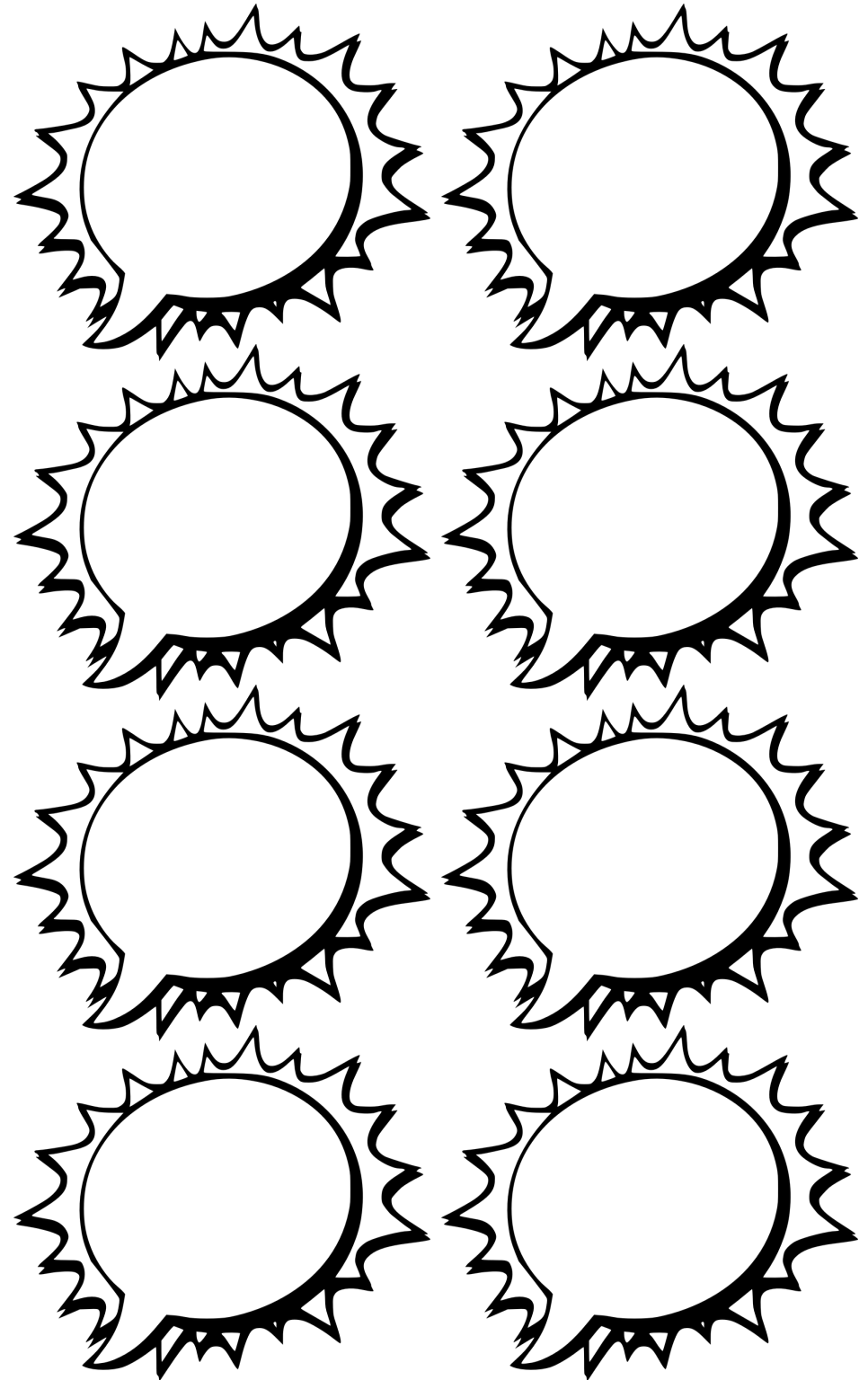




# The Victory Pose



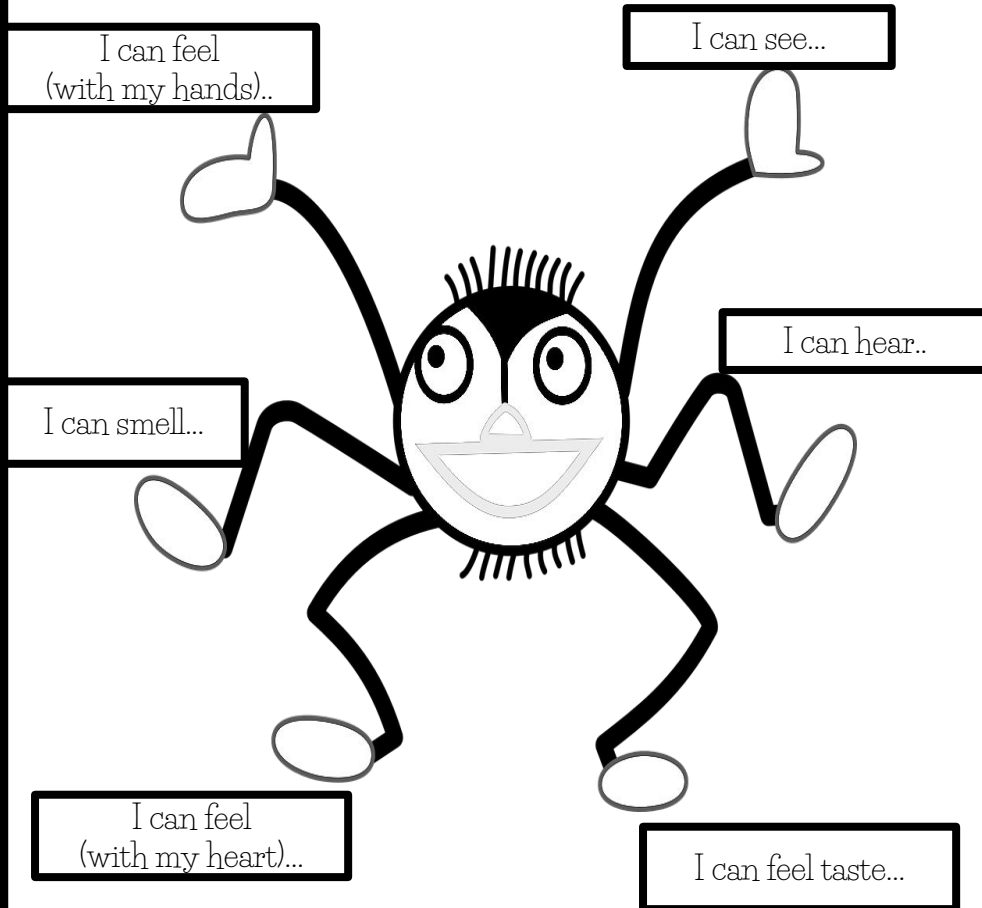
Stand in the Victory pose then write encouraging self-talk words or phrases that help you feel strong, brave, confident, and happy.





# Spidey Senses

As you practice being mindful of your surroundings, sit in silence for 5 minutes and turn on your "Spidey senses". Stay super focused on what you smell, see, hear, feel, and taste (if applicable).

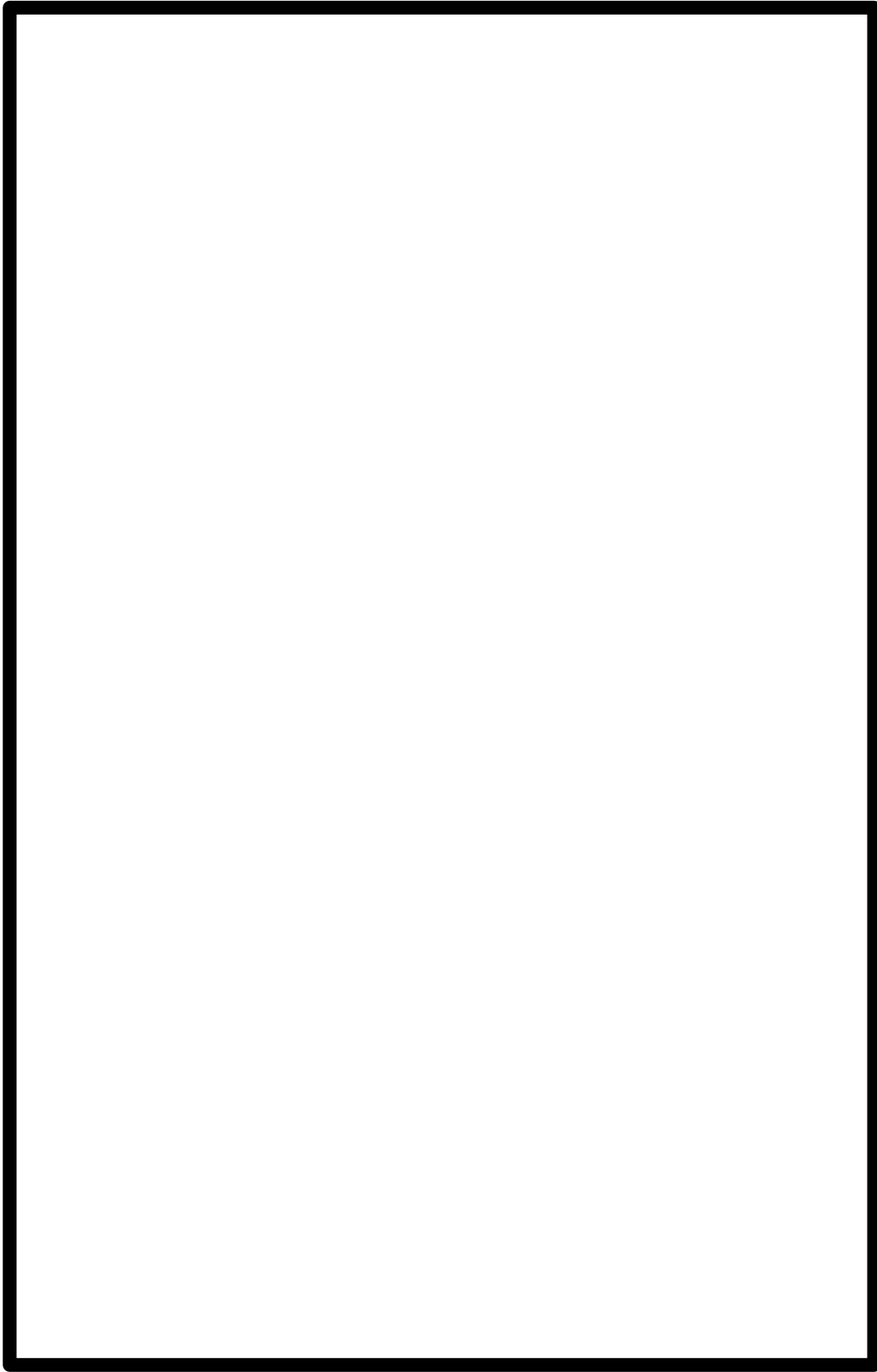
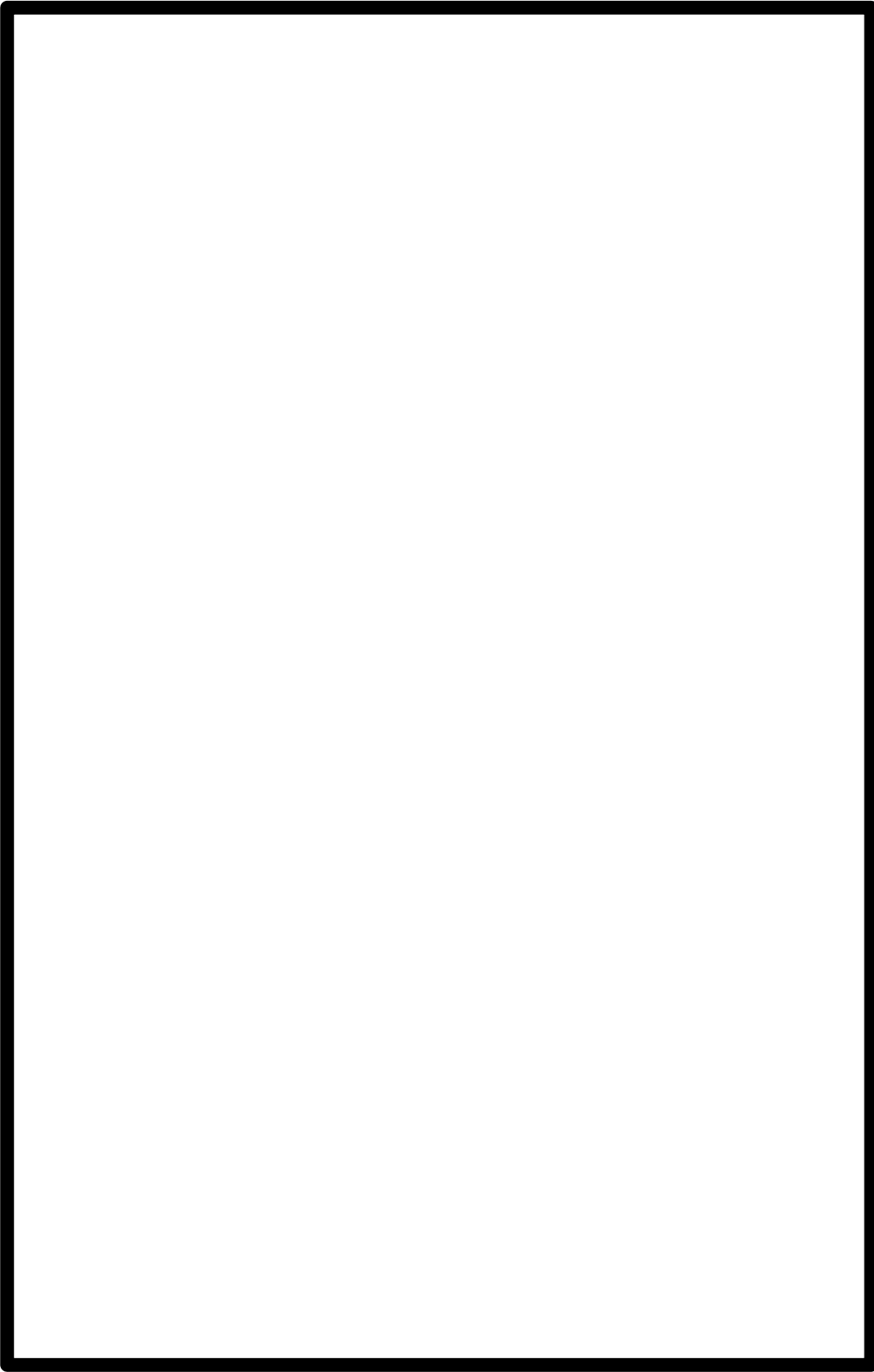


# The Mindful Jar

Fill this jar with words that are positive and make you feel good about yourself. Think about words you like to hear that make your heart and mind happy.







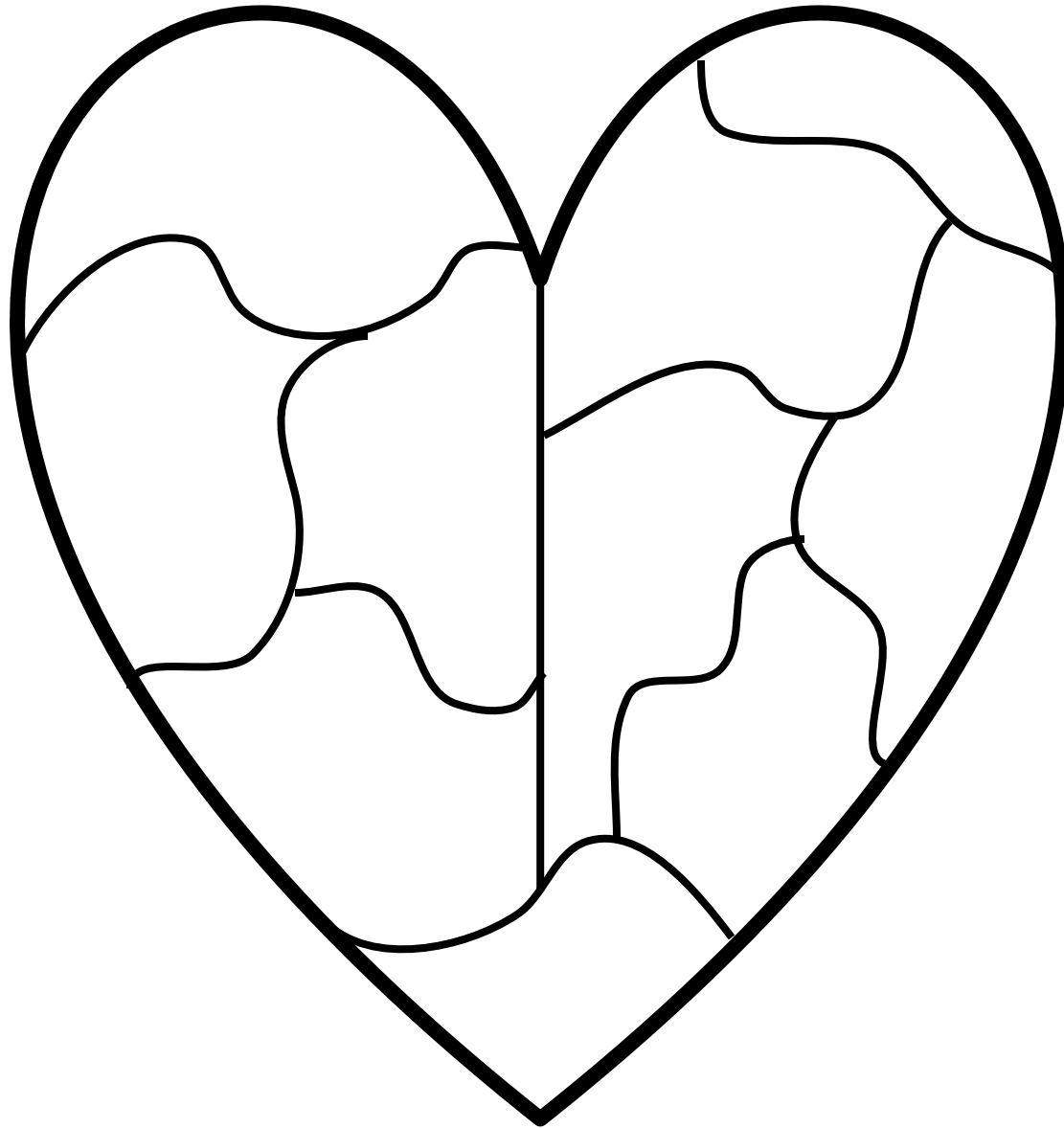


Use these cuts out if your students have a separate  
Interactive Mindfulness journal.

# Cut-outs for Interactive Mindfulness Journal



# 10 Things I LOVE About MYSELF!



Directions: Think & write **10 positive things** about **yourself** in each puzzle piece. Then cut out and glue into your Mindfulness journal.



# Flip It!

Flip these **Fixed Mindsets** to become **Growth Mindsets**!



EXAMPLE: Only glue the **FLAP** part in order to flip the talking bubble up and write underneath.

**Flap**

This is really hard! I'm never going to be good at this.

I will never be as smart as him/her.

This is really hard! I'm never going to be good at this.

I made a mistake.

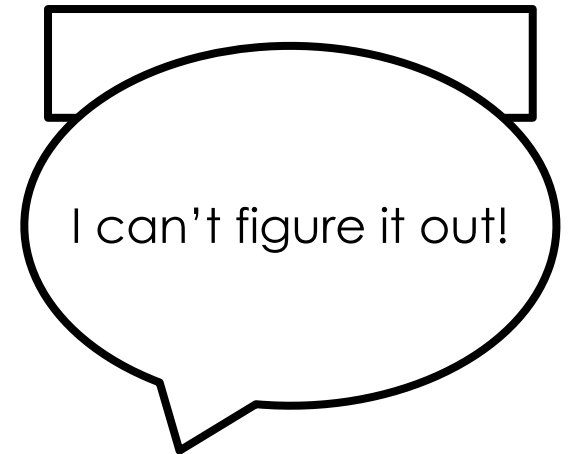
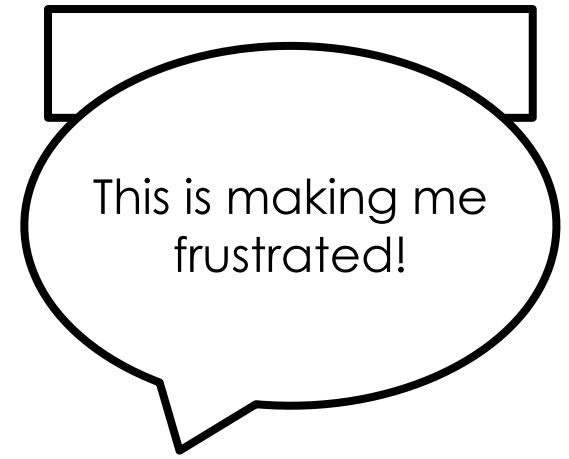
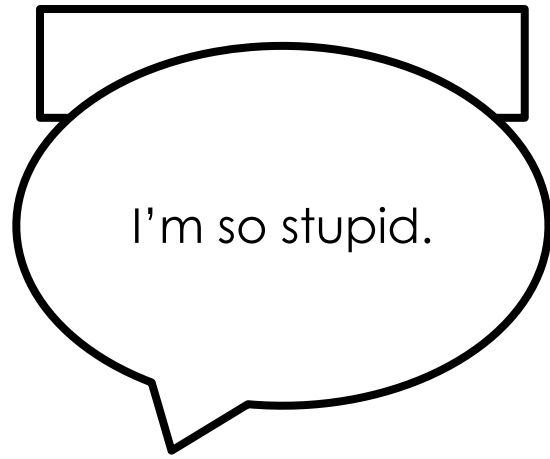
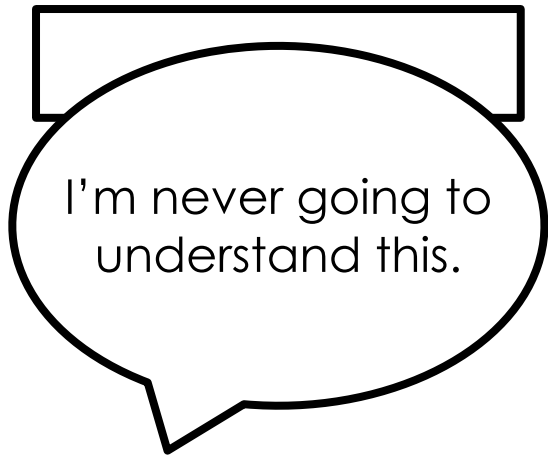
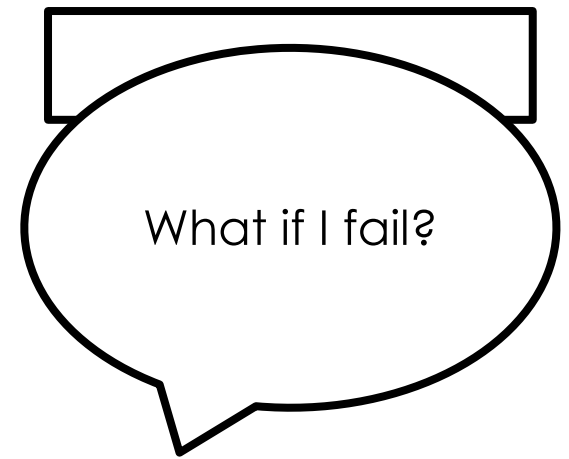
I just can't do this! I give up!

I wasn't born with those skills.

It's good enough.

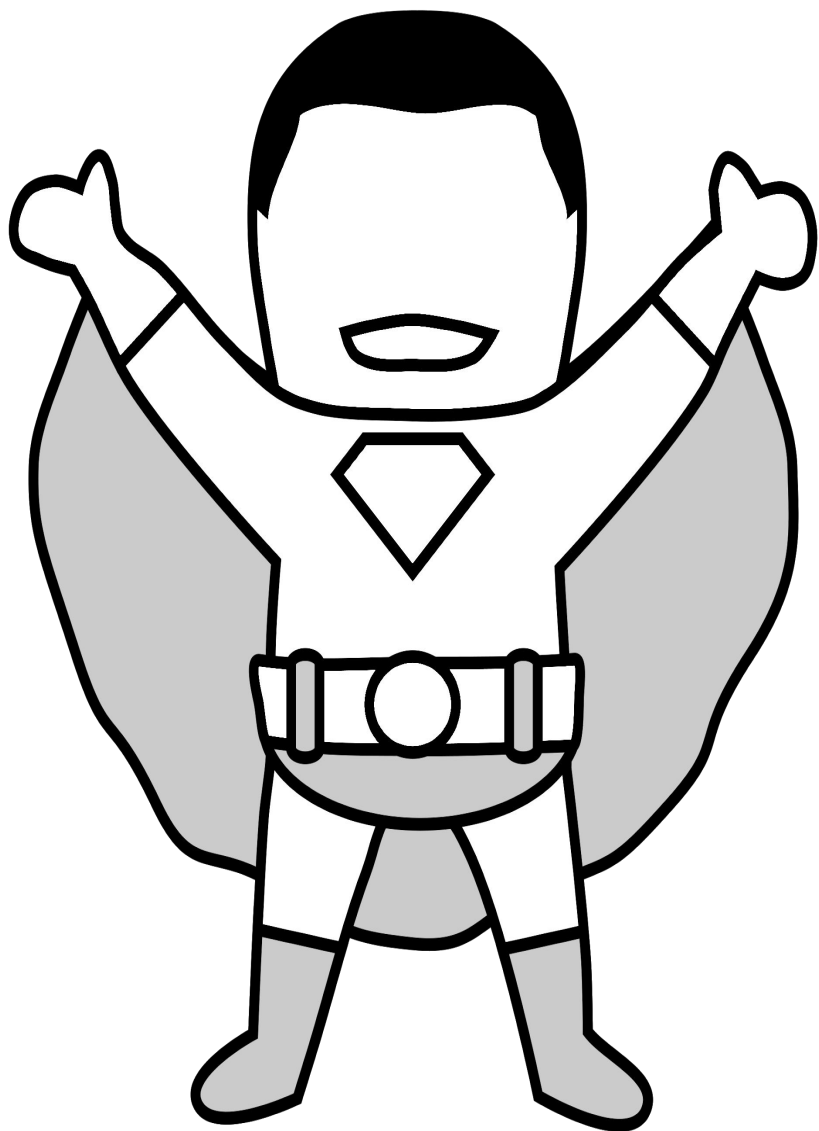
Directions: Read & Think about the **Fixed Mindsets** stated below. Cut out and glue flaps to your interactive journal. Then "flip" each Fixed Mindset bubble and write a **Growth Mindset** statement underneath.



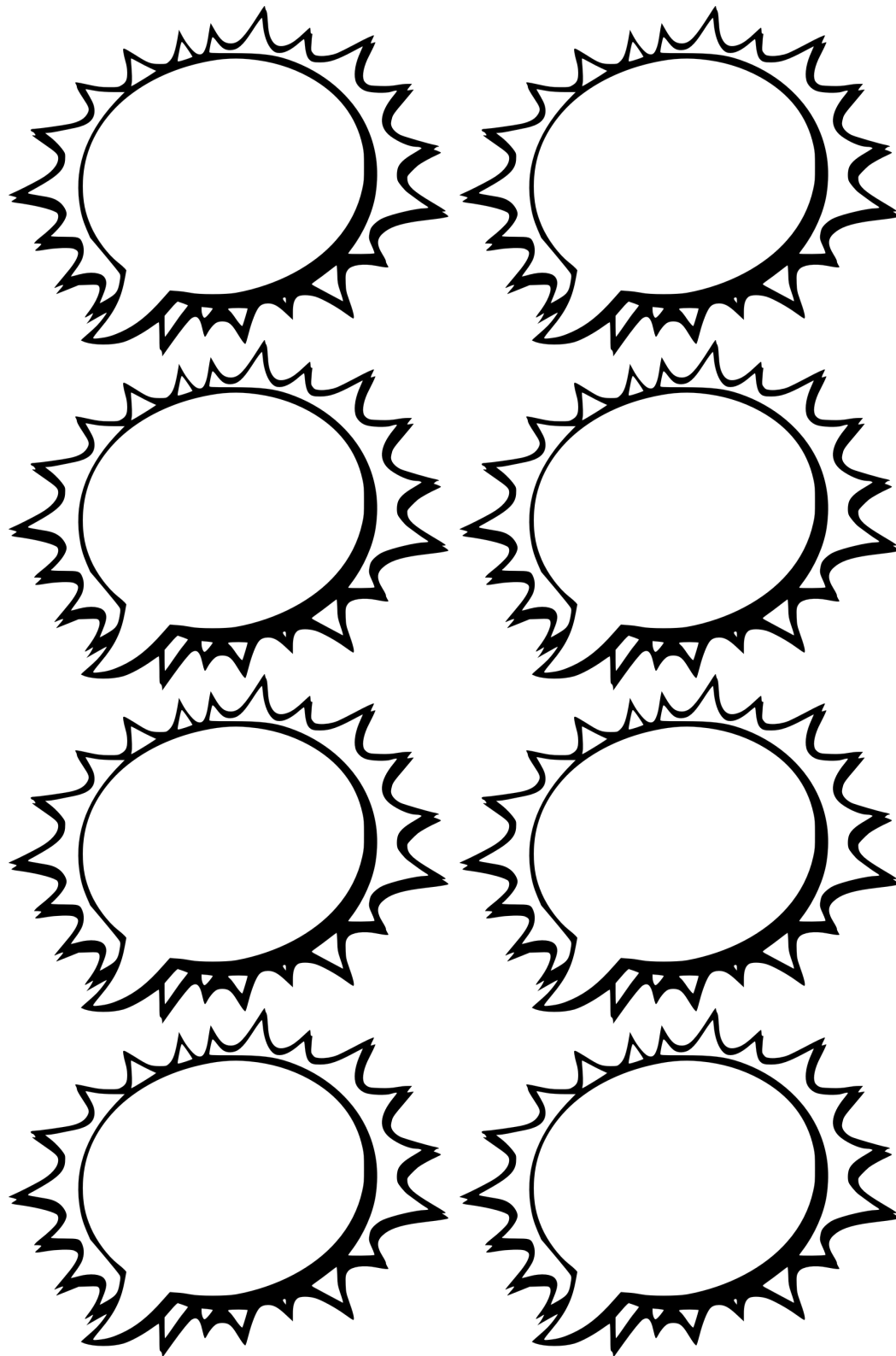




# Mindful Body Poses



Directions: Cut out the superhero character and the talking bubbles. Glue into your Mindfulness Journal. Then write encouraging self-talk words or phrases that help you feel strong, brave, confident, and happy. Afterwards, try out the pose and self-talk.

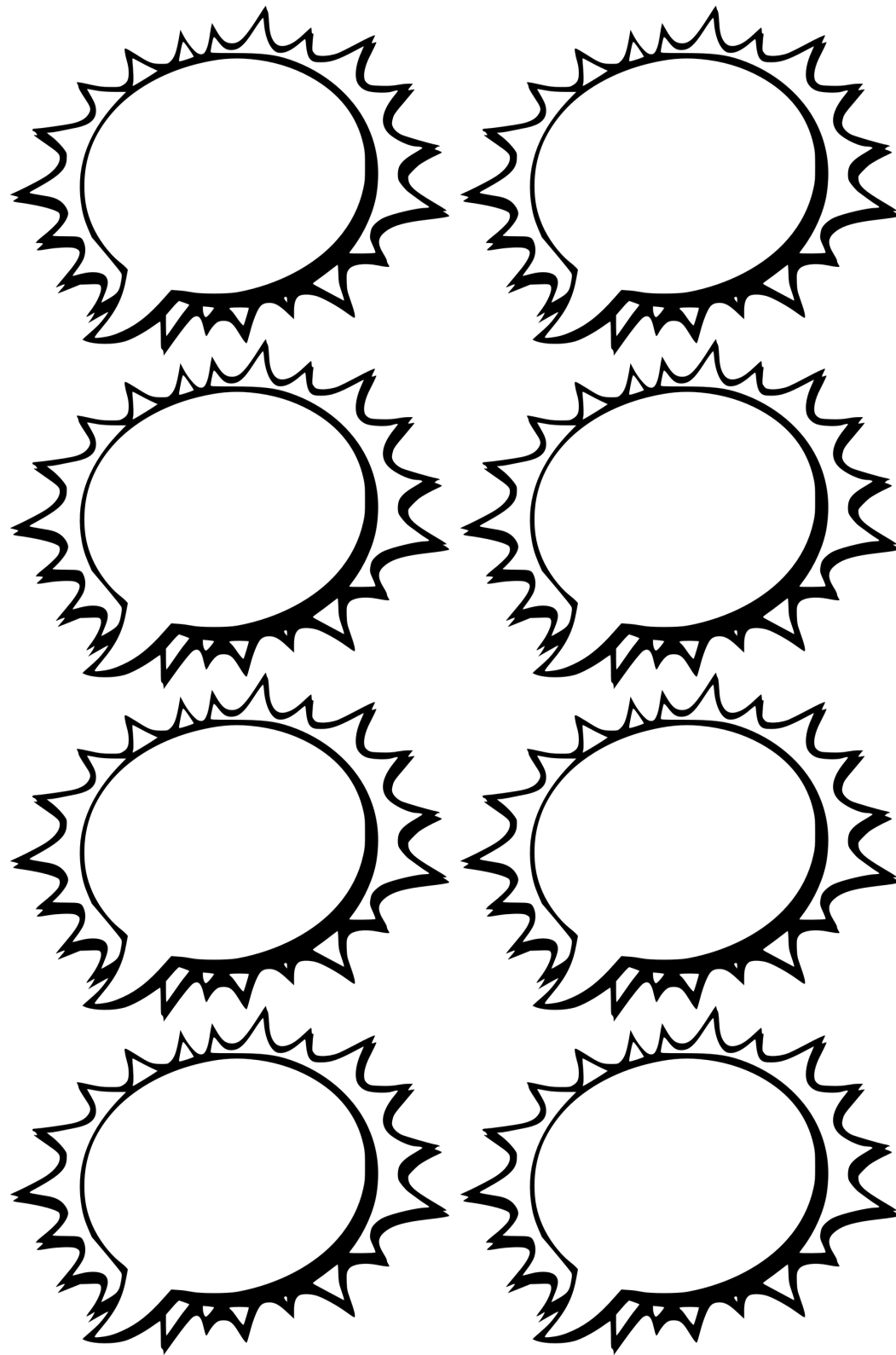




# Mindful Body Poses



Directions: Cut out the superhero character and the talking bubbles. Glue into your Mindfulness Journal. Then write encouraging self-talk words or phrases that help you feel strong, brave, confident, and happy. Afterwards, try out the pose and self-talk.

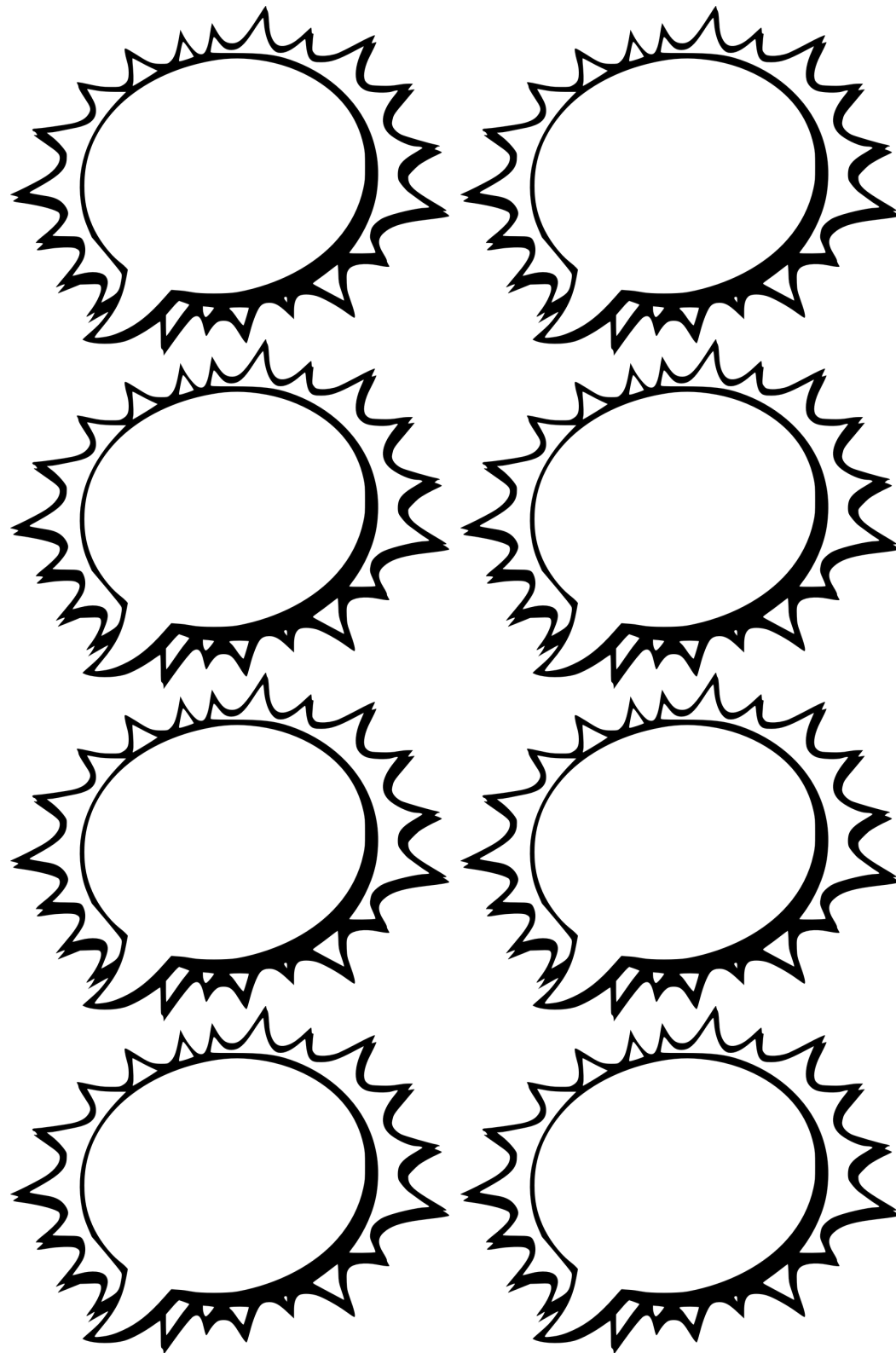




# Mindful Body Poses



Directions: Cut out the character and the talking bubbles. Glue into your Mindfulness Journal. Then write encouraging self-talk words or phrases that help you feel strong, brave, confident, and happy. Afterwards, try out the pose and self-talk.





# Spidey Senses

Directions: Cut out the spider and boxes of different senses and glue into your Mindfulness Journal. As you practice being mindful of your surroundings, sit in silence for 5 minutes and turn on your "Spidey senses". Stay super focused on what you smell, see, hear, feel, and taste (if applicable) and jot down under each of the senses boxes.

I can smell...

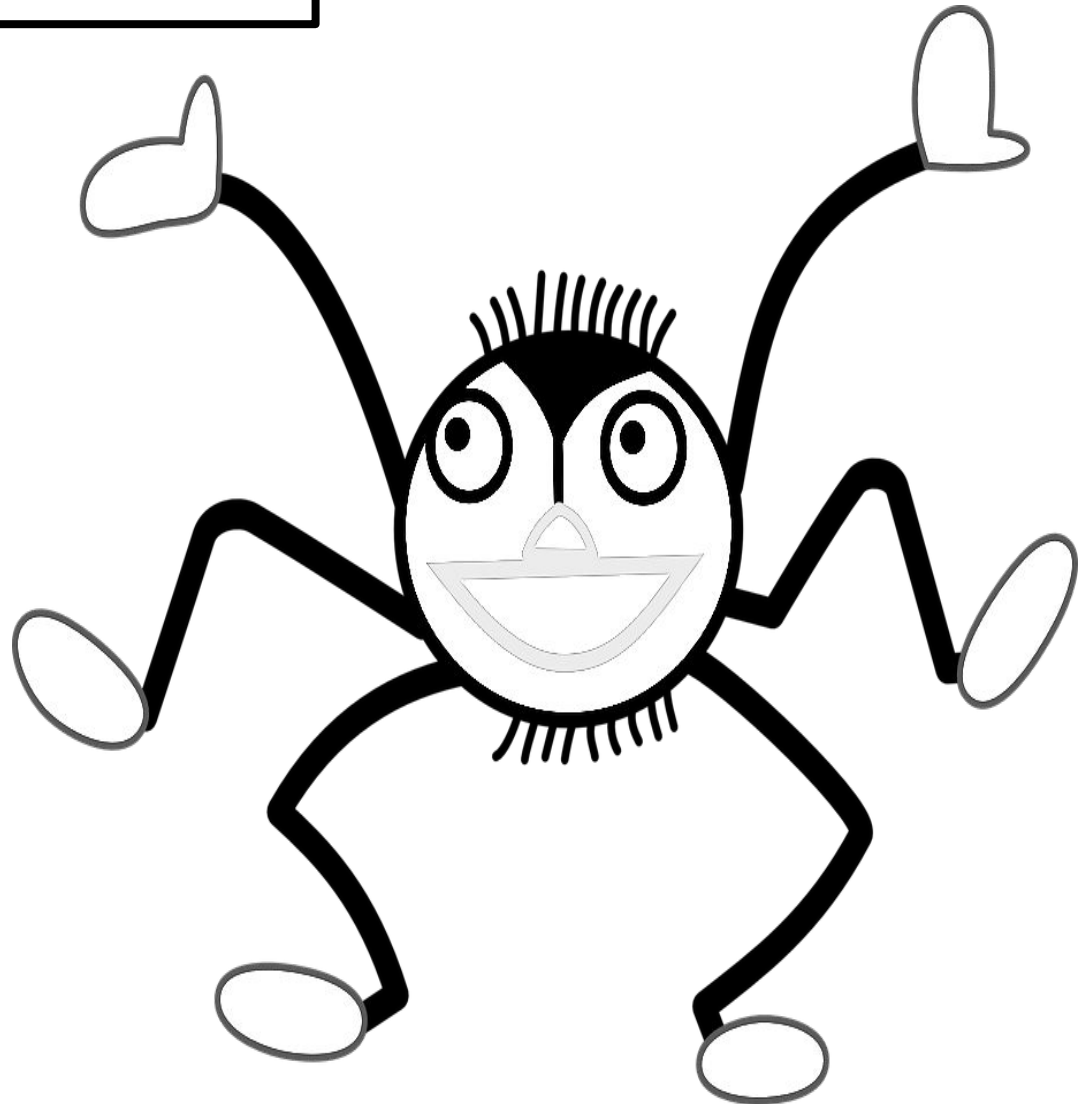
I can taste...

I can see...

I can hear...

I can feel  
(with my hands)...

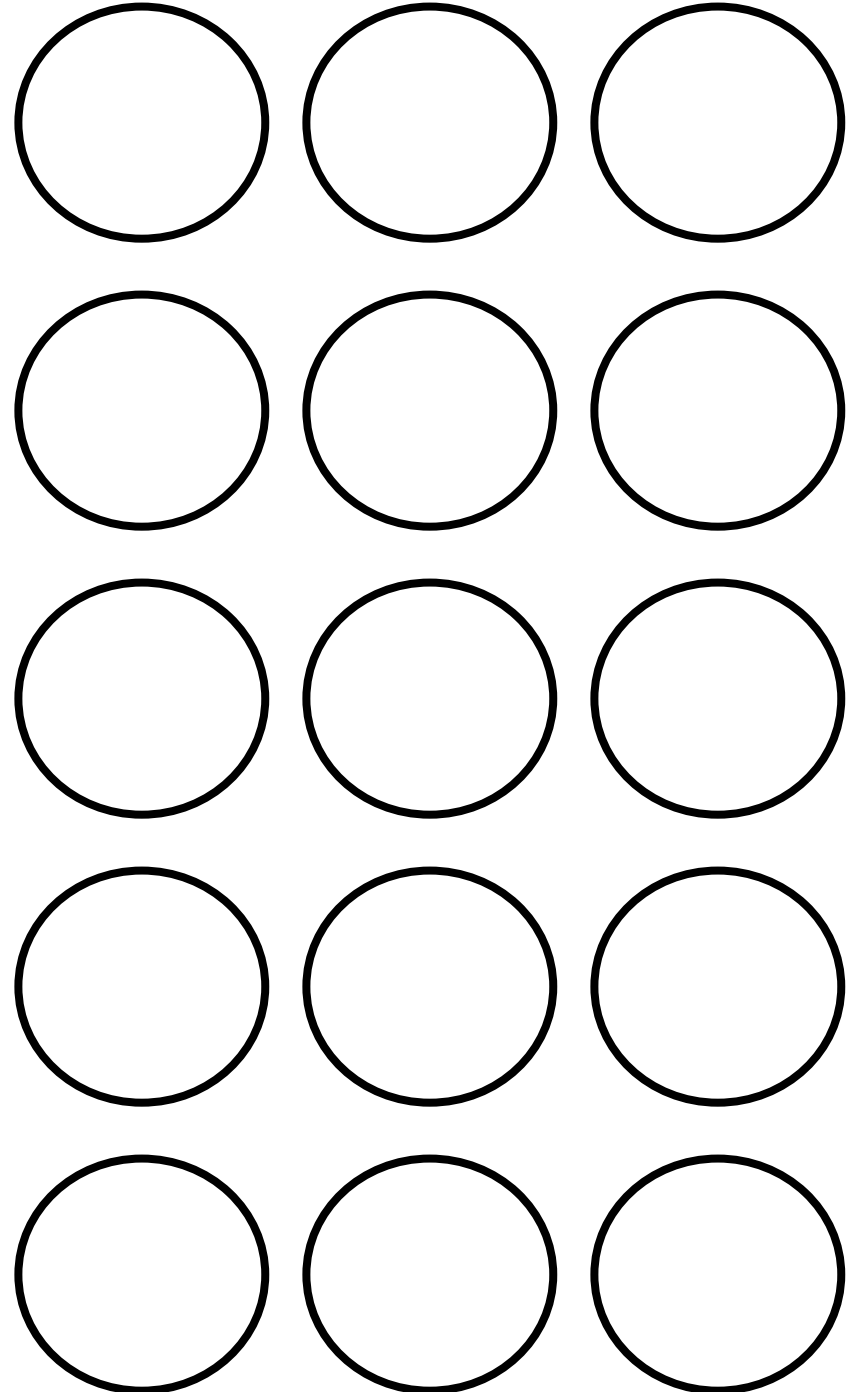
I can feel  
(with my heart)...





# The Mindful Jar

Directions: Cut out the jar and marbles and glue into your Mindfulness Journal. On each marble, write words that are positive and make you feel good about yourself. Think about words you like to hear that make your heart and mind happy. Fill the jar with as many marbles as possible with your affirmations.





# THANKS

*for you purchase!*

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