

# MINDFUL MINUTE



A  
MINDFULNESS  
JOURNAL

THIS BOOK

*belongs to*



MONDAY

TAKE A DEEP

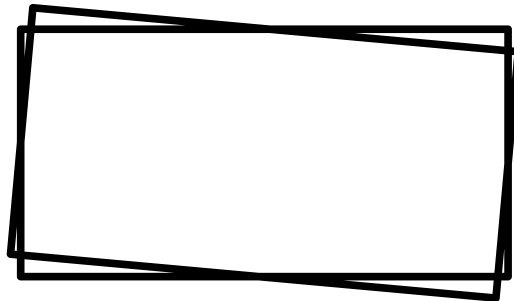
1

*breath*

2

WHEN I FEEL **ANGRY** I AM

*(choose a color  
that represents  
your anger.)*



3

REPEAT THE PHRASE 3X:

*May I be CALM*

TUESDAY

TAKE A DEEP

1

*breath*

2

WHEN I AM **ANGRY**

*I say:*

3

REPEAT THE PHRASE 3X:

*May I be CALM*

WEDNESDAY

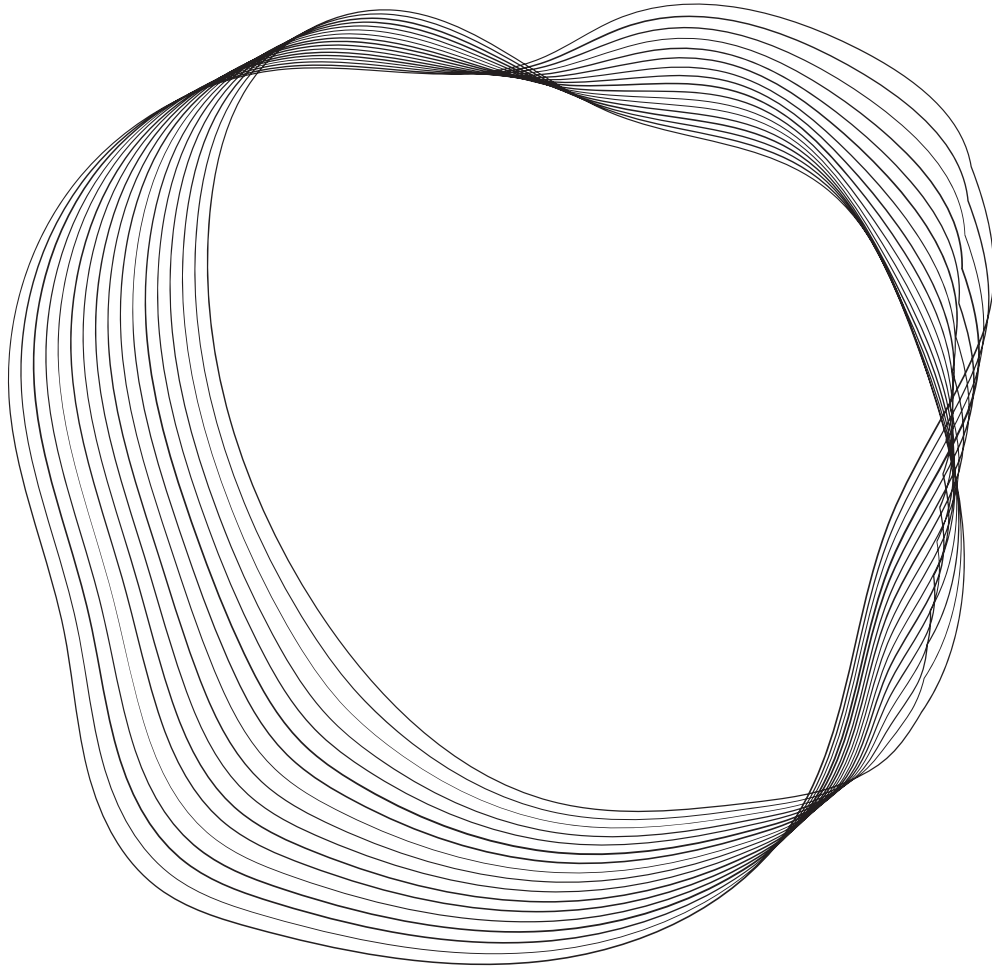
TAKE A DEEP

1

*breath*

2

WHEN I AM **ANGRY**,  
MY FACE LOOKS LIKE:



3

REPEAT THE PHRASE 3X:

*May I be CALM*

THURSDAY

TAKE A DEEP

1

*breath*

2

**NOTICE** WHAT YOUR **FEET**  
FEEL LIKE RIGHT AT THIS  
MOMENT

3

**NOTICE** WHAT YOUR  
**KNEES** FEEL LIKE RIGHT  
AT THIS MOMENT

4

**TIGHTEN** ALL OF THE  
MUSCLES IN YOUR **FEET**  
AND **LEGS** AS TIGHT AS  
YOU CAN

5

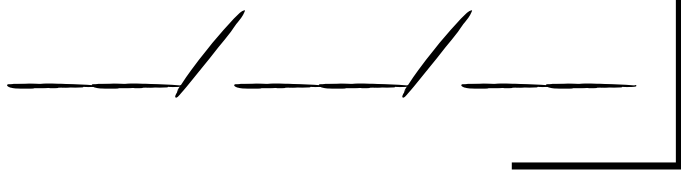
**RELAX** THE MUSCLES

6

**NOTICE** WHAT YOUR  
**KNEES** AND **FEET** FEEL  
LIKE NOW. ANY CHANGE?

FRIDAY

TAKE A DEEP



1

*breath*

2

TODAY I AM GRATEFUL  
FOR (DRAW A PICTURE OR  
MAKE A LIST OF  
ANYTHING YOU ARE  
GRATEFUL FOR TODAY):

# WEEKEND EMOTIONS

# SCAVENGER HUNT!

EXCITED	CURIOUS	SAD
CONFUSED	EMBARRASSED	HAPPY
MAD	DISAPOINTED	CALM

MAKE AN EFFORT TO NOTICE YOUR EMOTIONS THIS WEEKEND. WHEN YOU FEEL ONE OF THESE EMOTIONS, CHECK IT OFF! REMEMBER, IT IS OKAY TO FEEL ANY EMOTION!



MONDAY

TAKE A DEEP

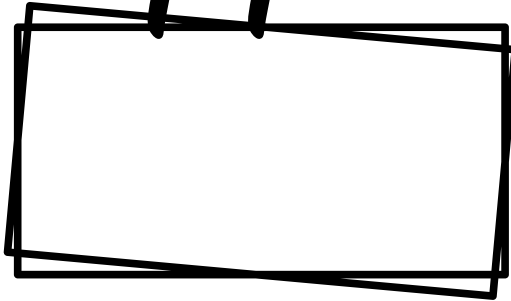
1

*breath*

2

WHEN I FEEL **HAPPY** I AM

*(choose a color  
that represents  
your happiness.)*



3

REPEAT THE PHRASE 3X:

*May I be FULL OF JOY*

TUESDAY

TAKE A DEEP

1

*breath*

2

WHEN I AM **HAPPY**

*I say:*

3

REPEAT THE PHRASE 3X:

*May I be FULL OF JOY*

WEDNESDAY

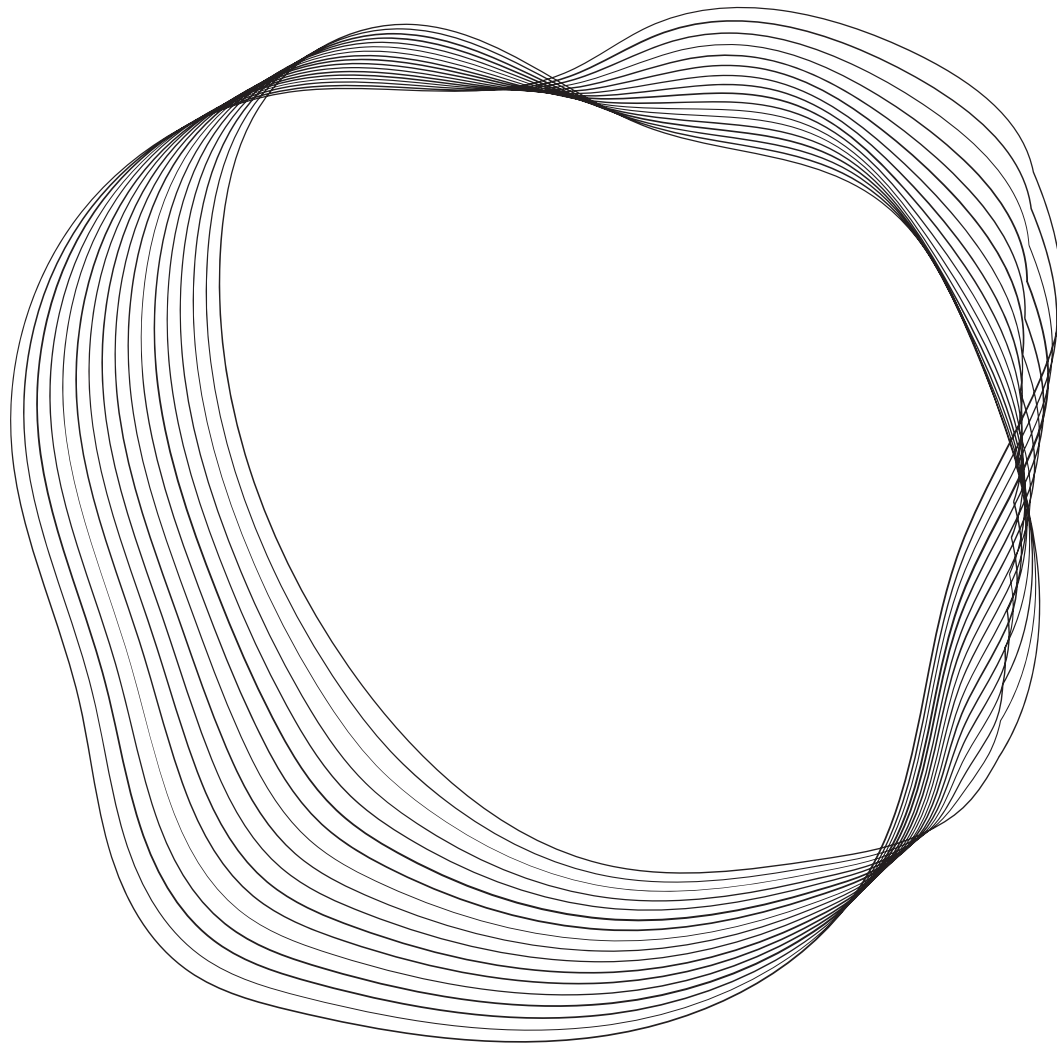
TAKE A DEEP

1

*breath*

2

WHEN I AM **HAPPY** MY  
FACE LOOKS LIKE:



3

REPEAT THE PHRASE 3X:

*May I be FULL OF JOY*

THURSDAY

TAKE A DEEP

1

*breath*

2

**NOTICE** WHAT YOUR **BELLY** FEELS LIKE RIGHT AT THIS MOMENT

3

**NOTICE** WHAT YOUR **UPPER BACK** FEELS LIKE RIGHT AT THIS MOMENT

4

**TIGHTEN** ALL OF THE **MUSCLES** IN YOUR **BELLY** AND **BACK** AS TIGHT AS YOU CAN

5

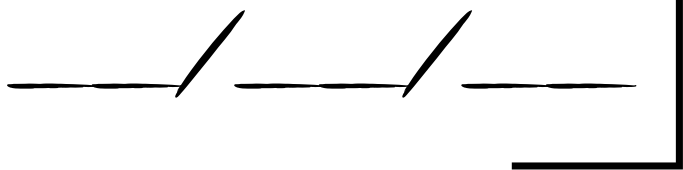
**RELAX** THE MUSCLES

6

**NOTICE** WHAT YOUR **BELLY** AND **BACK** FEEL LIKE NOW. ANY CHANGE?

FRIDAY

TAKE A DEEP



1

*breath*

2

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MONDAY

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1

*breath*

2

WHEN I FEEL **SAD** I AM

*(choose a color  
that represents  
your sadness.*



3

REPEAT THE PHRASE 3X:

*I am loved*

TUESDAY

TAKE A DEEP

1

*breath*

2

WHEN I AM **SAD**

*I say:*

3

REPEAT THE PHRASE 3X:

*I am loved*



WEDNESDAY

TAKE A DEEP

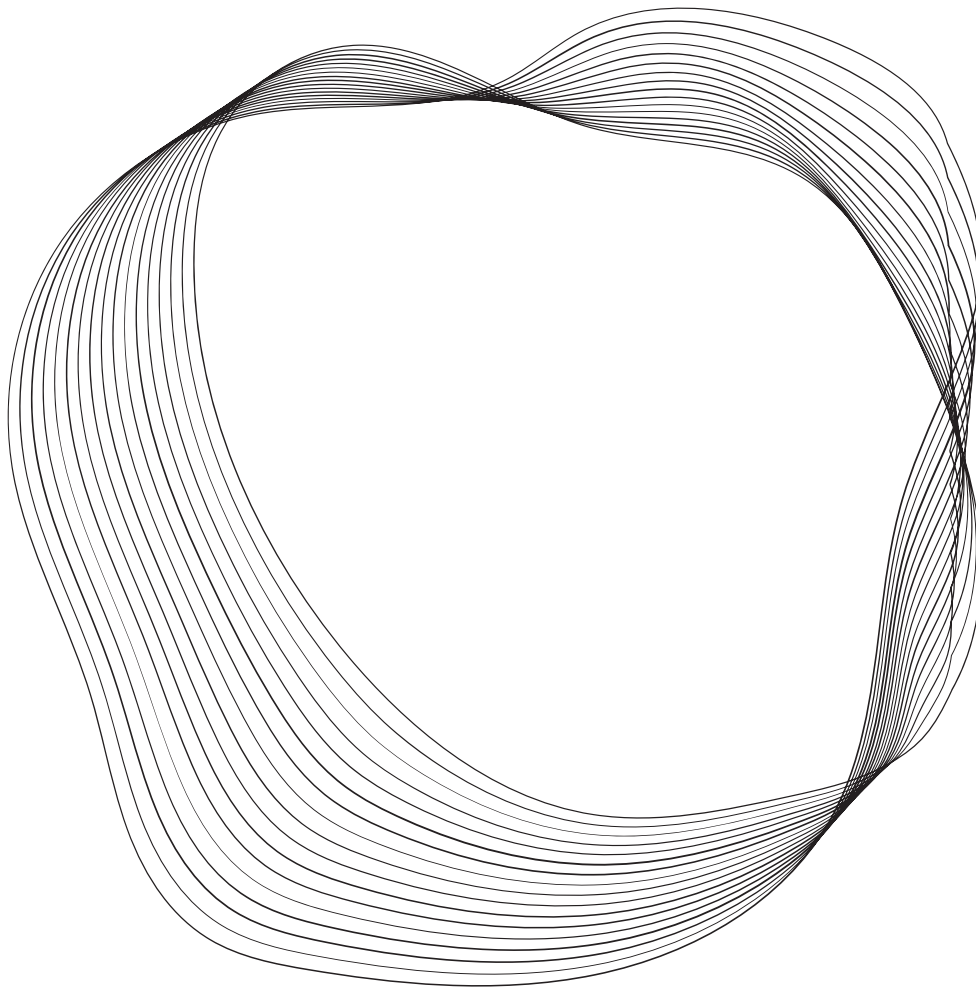


1

*breath*

2

WHEN I AM **SAD**, MY  
FACE LOOKS LIKE:



3

REPEAT THE PHRASE 3X:

*I am loved*

THURSDAY

TAKE A DEEP

1

*breath*

2

**NOTICE** WHAT YOUR **FINGERS** FEEL LIKE RIGHT AT THIS MOMENT

3

**NOTICE** WHAT YOUR **ARMS** FEEL LIKE RIGHT AT THIS MOMENT

4

**TIGHTEN** ALL OF THE **MUSCLES** IN YOUR **FINGERS** AND **ARMS** AS TIGHT AS YOU CAN

5

**RELAX** THE MUSCLES

6

**NOTICE** WHAT YOUR **FINGERS** AND **ARMS** FEEL LIKE NOW. ANY CHANGE?

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*breath*

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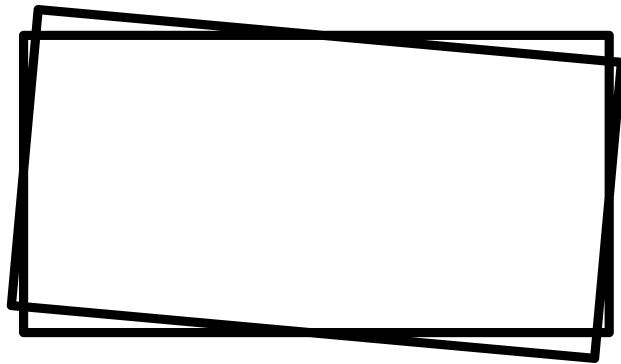
1

*breath*

2

WHEN I FEEL **EMBARRASSED** I  
AM

*(choose a color that  
represents your  
embarrassment.*



3

REPEAT THE PHRASE 3X:

*May I be confident*

TUESDAY

TAKE A DEEP

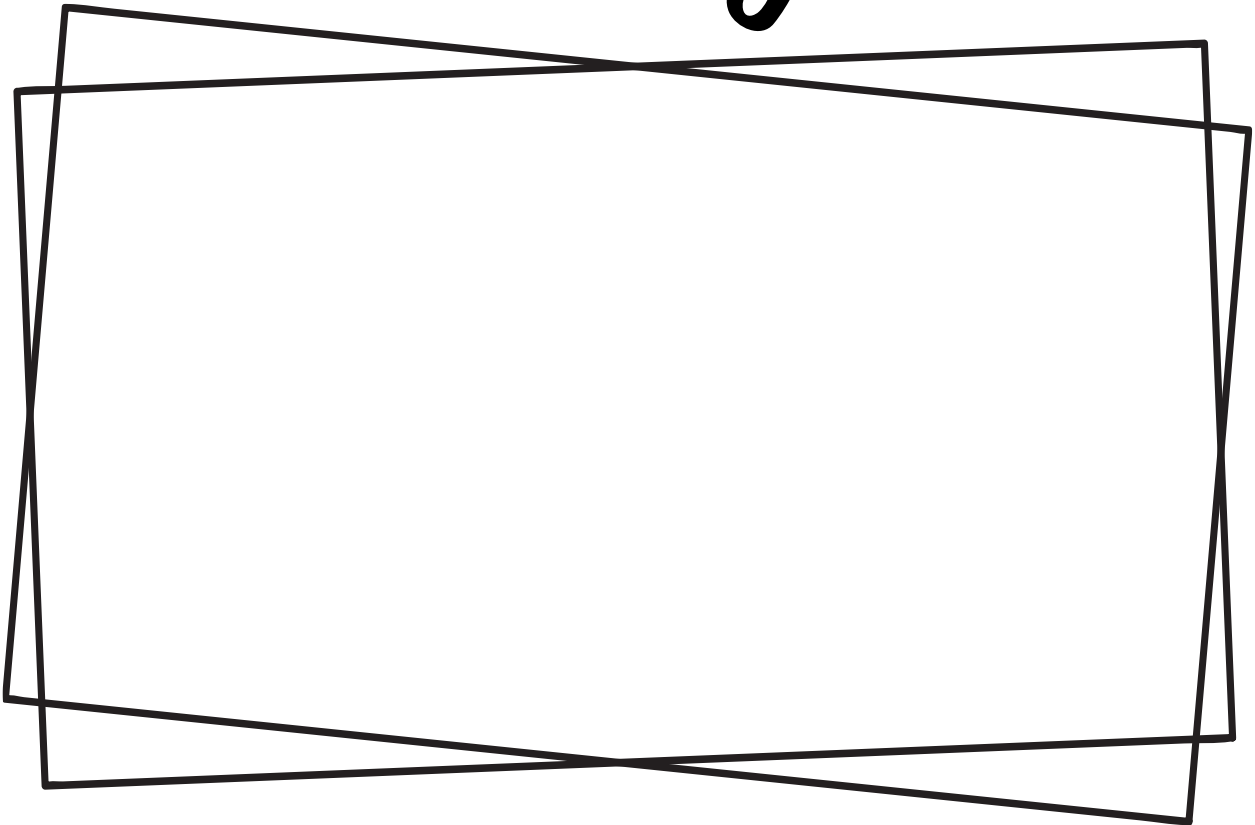
1

*breath*

2

WHEN I AM  
**EMBARRASSED**

*I say:*



3

REPEAT THE PHRASE 3X:

*May I be confident*

WEDNESDAY

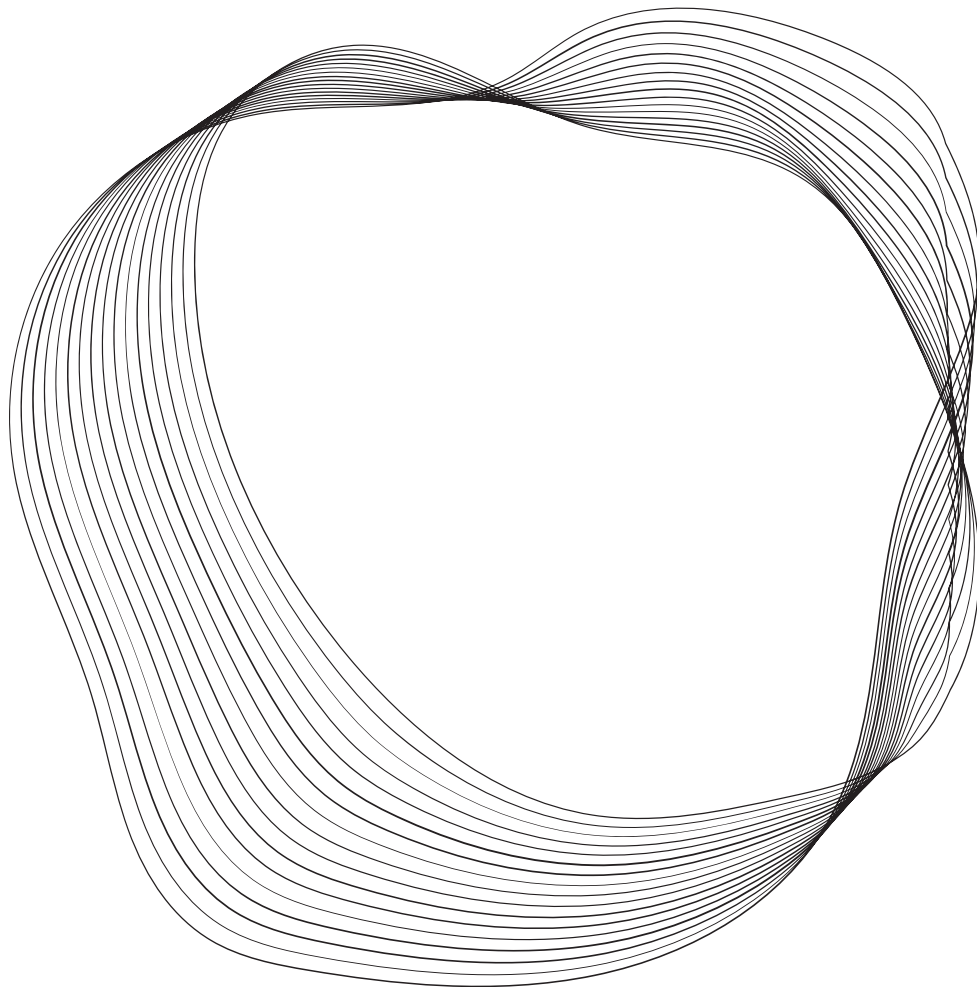
TAKE A DEEP

1

*breath*

2

WHEN I AM  
**EMBARRASSED**, MY  
FACE LOOKS LIKE:



3

REPEAT THE PHRASE 3X:

*May I be confident*

THURSDAY

TAKE A DEEP

1

*breath*

2

**NOTICE** WHAT YOUR **JAW**  
FEELS LIKE RIGHT AT  
THIS MOMENT

3

**NOTICE** WHAT YOUR  
**FOREHEAD** FEELS LIKE  
RIGHT AT THIS MOMENT

4

**TIGHTEN** ALL OF THE  
MUSCLES IN YOUR **JAW**  
AND **FOREHEAD** AS TIGHT  
AS YOU CAN

5

**RELAX** THE MUSCLES

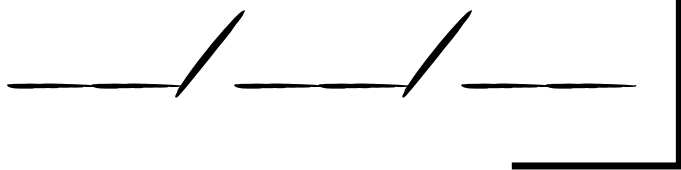
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LIKE NOW. ANY CHANGE?



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