



THE 5 MINUTE MINDFUL MOMENTS EVERY DAY EXERCISE SHEET

MORNING

Today i am grateful for...

What would make today great?

What is the 1 thing that will make the
biggest impact today?

Today.....

I am

I am

I am

EVENING

What could I let go off from today?

What do I want to invite in for tomorrow?

What could I have done to improve the
day?

3 amazing things that happened today?
