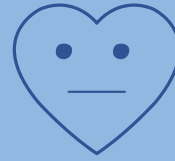


# My Mindfulness Journal

How am I feeling today  
(circle)



Three things I am grateful for:

How can I practice self-care today?

Something that makes me smile

Who made your day better?

Three things I achieved today:

Something that I like about myself

"Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance" Brené Brown

