

# Daily Mindfulness Worksheet

Date: \_\_\_\_\_

S M T W T F S

**Did I meditate or  
practice intentional  
mindfulness today?**

Yes Activity: \_\_\_\_\_

No Duration: \_\_\_\_\_

If Yes: What did I notice about my physical/mental/emotional state?

\_\_\_\_\_

If Yes: What did I gain from today's practice (ie. clarity, a message, or simply time w/ myself)?

\_\_\_\_\_

If Yes: Did I witness repeat thoughts or distractions during my mindfulness practice?

\_\_\_\_\_

If No: What thoughts kept me distracted from self-care today? What activities did I choose to do instead?

\_\_\_\_\_

If No: How do I feel in this moment, and how does this feeling present in my body?

\_\_\_\_\_



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Intentions for the day:

How can I be kinder and more compassionate with myself today?

## Optional End of Day Reflections

3 (or more) things I am grateful for:

Am I judging any part of myself? If so, how is it helping me? Can I release this judgment?

How did I show up for myself today? What am I proud of?

