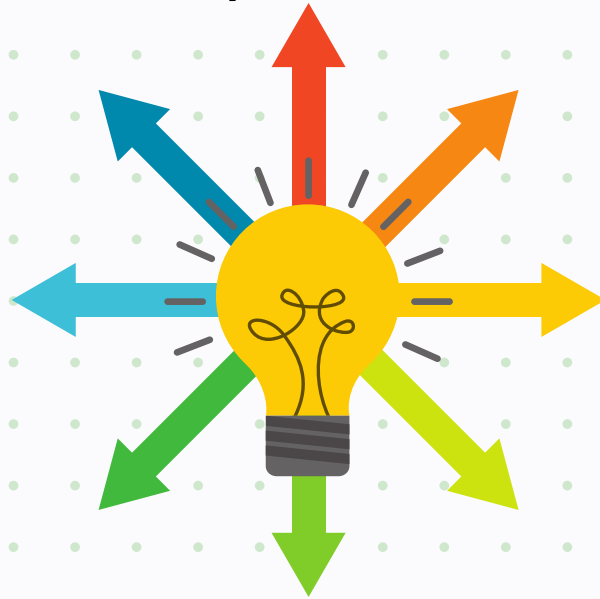


FINDING
JOYFULNESS
THROUGH
JOURNALING

Two weeks of daily mindfulness activities

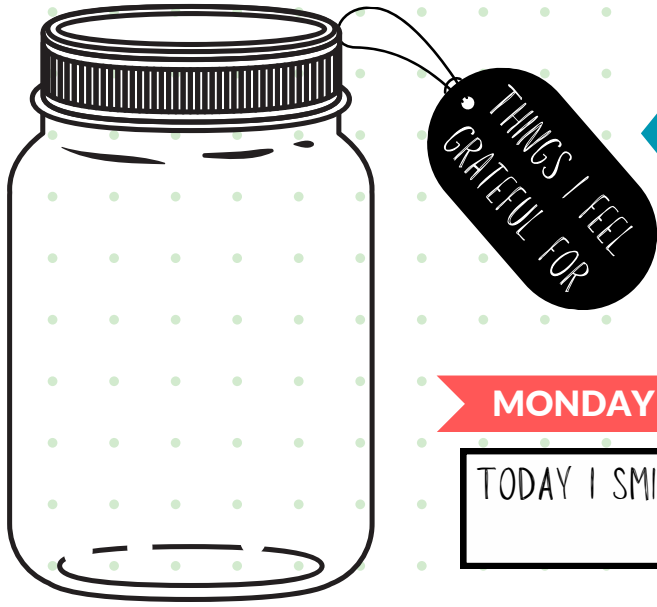


B.J. Fogg is a behavioral scientist and founder of the Persuasive Tech Lab at Stanford University. He directs research and design that improves the understanding and approach to behavior change. Fogg suggests that positive behavior changes are established through the formation of Tiny Habits™ which are done at least once per day, take less than 30 seconds to start, require little effort, and are designed to come after an existing habit or trigger.

Use this guide to introduce a moment of mindfulness into each day. Print each page, mark-up digitally, explore the links, and make each page uniquely yours!

MINDFULNESS STARTS HERE!

WEEK 1



Gratitude is noticing and appreciating the positive things in life. Practicing gratitude has many benefits including increased happiness, reduced stress, better sleep, and improved self-esteem.

Fill your gratitude jar throughout this week. Start with just one word for today!

Source: heart.org. Gratitude is the Attitude for Good Health.
<https://www.heart.org/en/delta-dental/gratitude-is-the-attitude-for-good-health>.
Access 5/16/24

MONDAY

TODAY I SMILED WHEN...

TUESDAY

5 THINGS I DO WELL

1. _____
2. _____
3. _____
4. _____
5. _____

WEDNESDAY

MY PERFECT DAY

WHAT AM I DOING? PAST, PRESENT, OR FUTURE?
WHO AM I WITH?
WHERE ARE WE GOING?

THURSDAY

I'M FEELING _____ TODAY, BECAUSE _____
(EMOTION) (CAUSE)

FRIDAY

HEALTHY HABITS I WILL PRACTICE THIS WEEKEND

- _____
- _____
- _____
- _____
- _____

SATURDAY

HIGHLIGHT THE ITEM IN YOUR GRATITUDE JAR THAT IS MOST OFTEN FORGOTTEN

SUNDAY

THE BEST THING THAT HAPPENED THIS WEEK WAS...

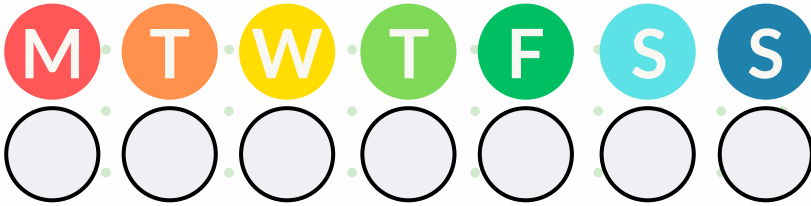
WEEK 2

Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient. Set an intention for this week to help you manage the stressors in your life. Choose 1 stress management technique to practice each day this week. Give yourself a "gold star" each day you accomplish your set intention.

Cdc.gov. Coping with Stress. <https://www.cdc.gov/mentalhealth/stress-cope/cope-with-stress/index.html>
Accessed 5/15/24

MONDAY

MY DAILY INTENTION



EXAMPLES

- GET ENOUGH SLEEP
- LIMIT ALCOHOL INTAKE
- TAKE A BREAK FROM NEWS STORIES
- TAKE A MINDFUL WALK
- START THE DAY WITH A HEALTHY BREAKFAST
- TRY 5 MINUTES OF GUIDED MEDITATION

TUESDAY

I FEEL MOST LIKE MYSELF WHEN I _____

WEDNESDAY

PAUSE FOR A MOMENT TO TAKE IN YOUR SURROUNDINGS...

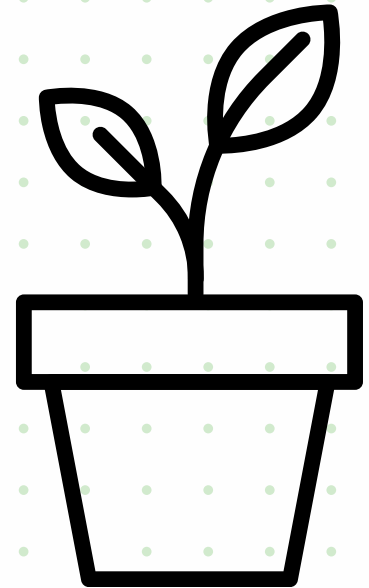
I SEE:

I HEAR:

I FEEL:

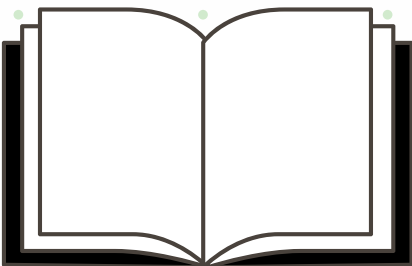
THURSDAY

FILL YOUR PLANTER WITH ONE WAY YOU CAN GROW



FRIDAY

TODAY I WILL MAKE TIME TO READ...



SATURDAY

EXPLORE OPTIONS TO CONTINUE YOUR MINDFULNESS PRACTICE

SUNDAY

TO DO LIST

- _____
- _____
- _____