

My

Mindfulness Planner

by @mysoulbalm

Week 01

Activity 1

Activity 2

Activity 3

Week 02

Activity 1

Activity 2

Activity 3

Week 03

Activity 1

Activity 2

Activity 3

Week 04

Activity 1

Activity 2

Activity 3

Choose three mindfulness activities to practice each week. At the end of the month see what worked and what didn't and start the cycle again.