

WEEKLY MINDFULNESS PRACTICE

Week Of: _____ Focus: _____

Day	Intention & Practice	Status (M/T/W)
Monday	Deep Breathing: 5 minutes of box breathing (4-4-4-4).	
Tuesday	Body Scan: Mindful observation of physical sensations.	
Wednesday	Gratitude: List three small things from today.	
Thursday	Mindful Walking: Focus on the sensation of movement.	
Friday	Digital Detox: 30 minutes of no screens before bed.	
Saturday	Loving-Kindness: Send positive thoughts to yourself/others.	

Day	Intention & Practice	Status (M/T/W)
Sunday	Reflection: Review the week and set new intentions.	

REFLECTIONS & INSIGHTS

MOOD TRACKER / ENERGY LEVELS