

MINDFULNESS JOURNEY

"Quiet the mind, and the soul will speak."

Month:

Intention:

DAY	DURATION	FOCUS / TECHNIQUE	CLARITY
01			
02			
03			
04			
05			
06			
07			
08			
09			

DAY	DURATION	FOCUS / TECHNIQUE	CLARITY
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10			
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WEEKLY REFLECTIONS

Personal Growth Template • Breathe In, Breathe Out