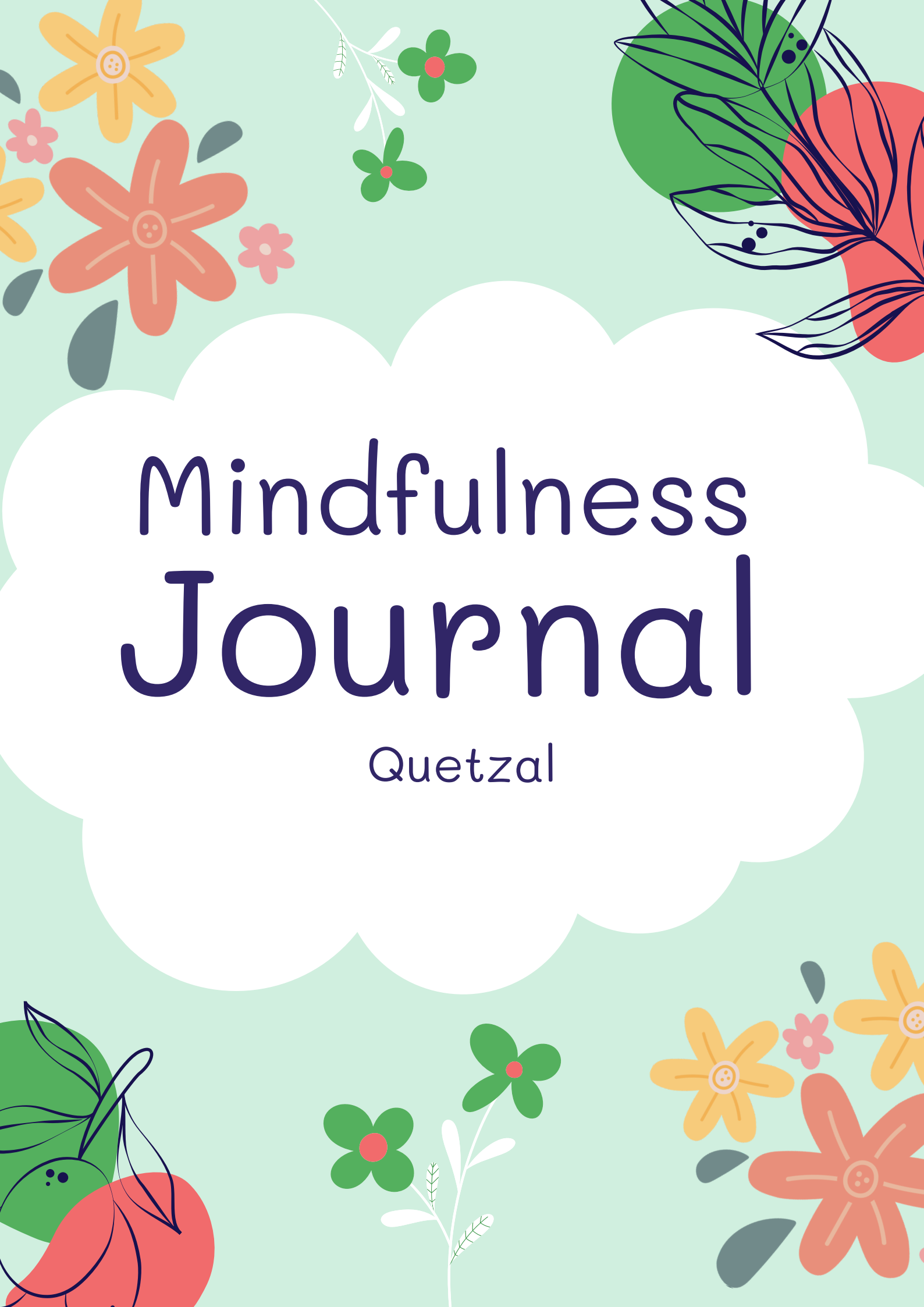


The cover features a light green background with a large white cloud-like shape in the center. The title 'Mindfulness Journal' is written in a dark blue, rounded font within the cloud. Below the title, the word 'Quetzal' is written in a smaller, dark blue font. The corners are decorated with stylized floral illustrations: top-left has orange and pink flowers; top-right has a green leaf and a red flower; bottom-left has a green leaf and a red flower; bottom-right has orange and pink flowers. There are also small green flowers with red centers scattered throughout.

Mindfulness Journal

Quetzal

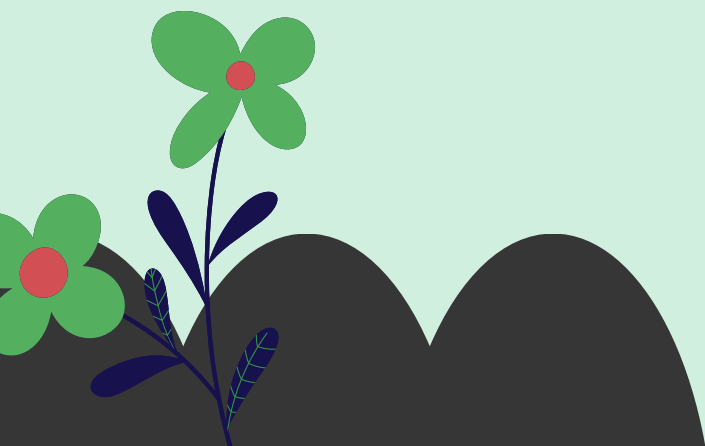


What is mindfulness?

Mindfulness is the practice of paying full, non-judgmental attention to the present moment. It means being aware of what's happening right now, your thoughts, feelings, bodily sensations, and the environment around you without trying to change or judge it.

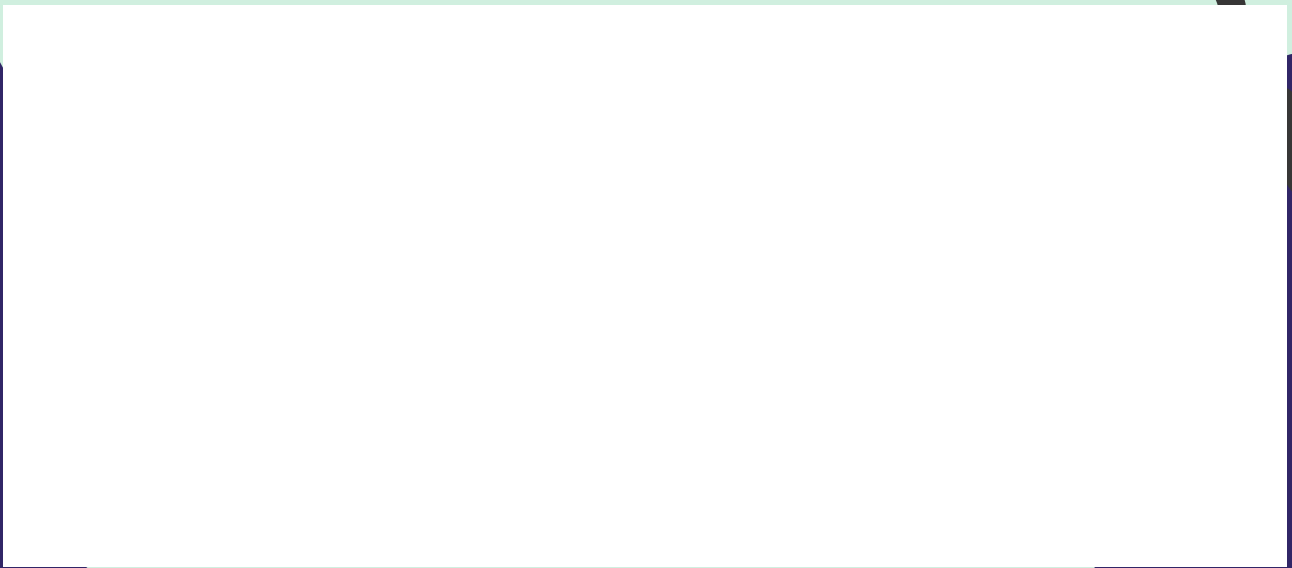
Mindful Breathing

- Sit comfortably and close your eyes if you want.
- Take slow, deep breaths in through your nose, out through your mouth.
- Focus your attention on the feeling of the air moving in and out.
- When your mind wanders, gently bring it back to your breath.
- Do this for 2-5 minutes.

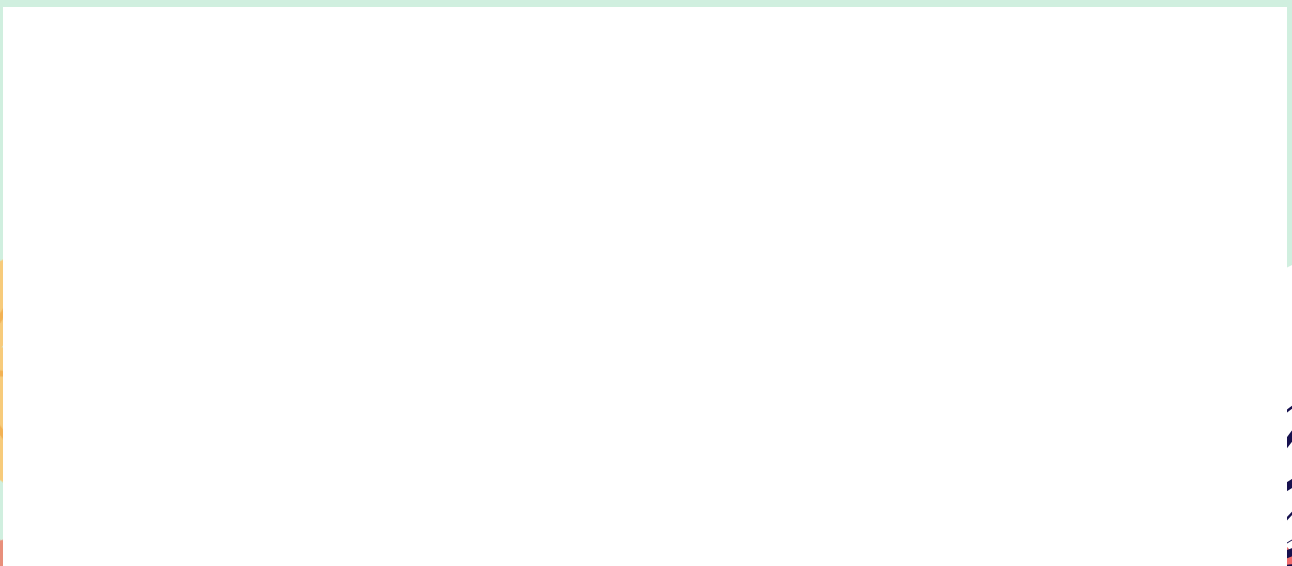


Daily Intention

Today, I intend to be mindful of:



What I hope to notice or appreciate today:

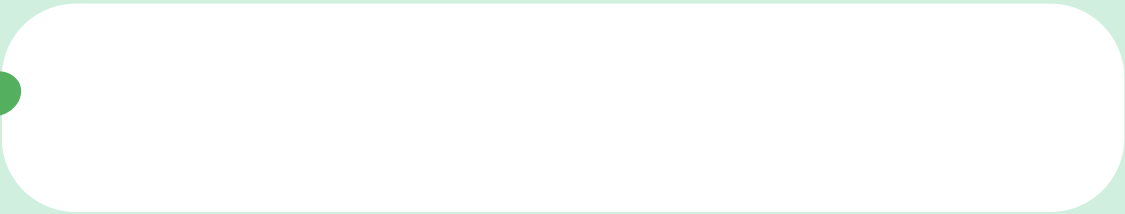
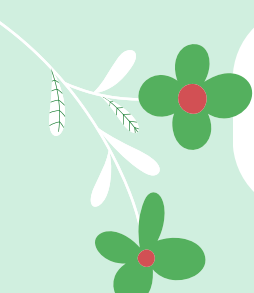


5-4-3-2-1

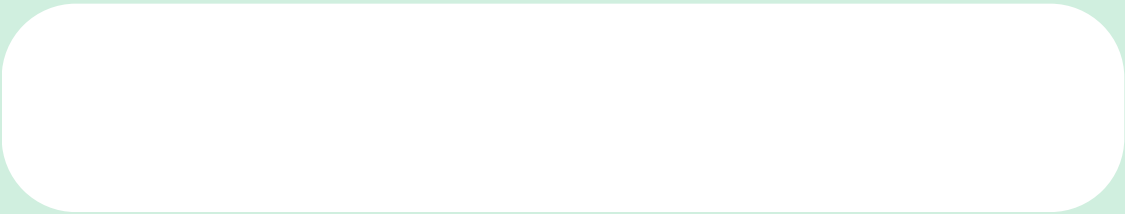
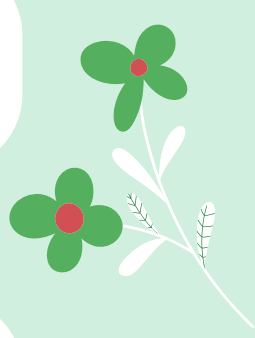
Grounding Technique

Use your senses to connect with the present moment:

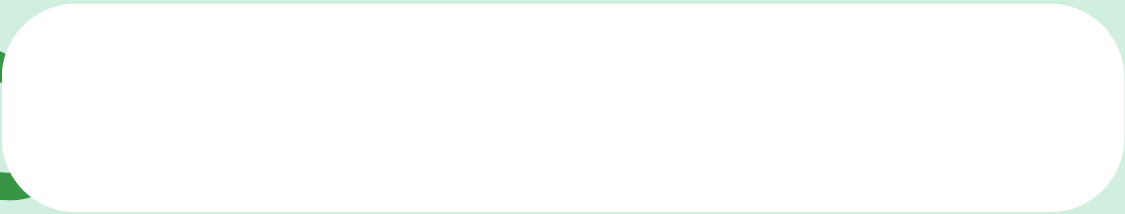
- Name 5 things you can see



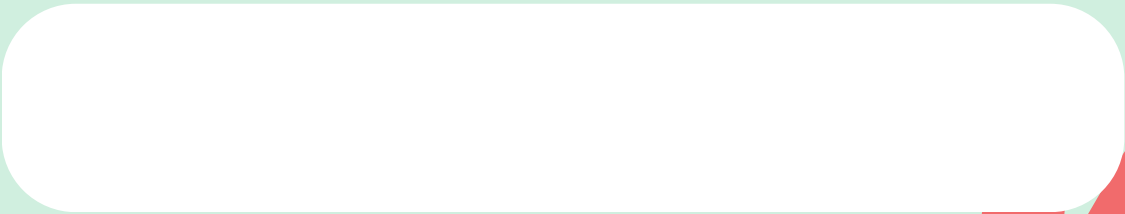
- Name 4 things you can touch



- Name 3 things you can hear



- Name 2 things you can smell



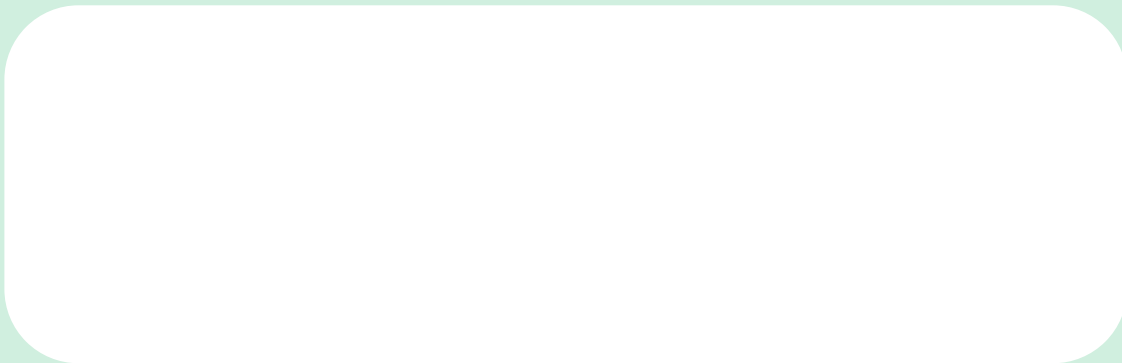
- Name 1 thing you can taste



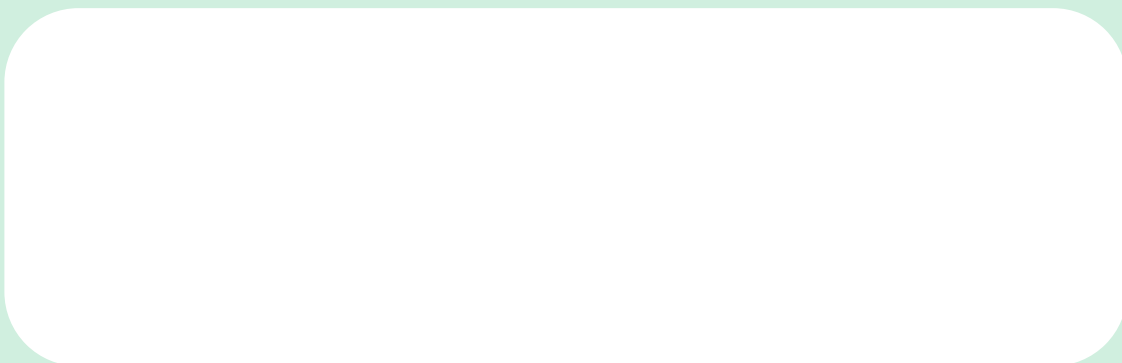
Emotions Reflection



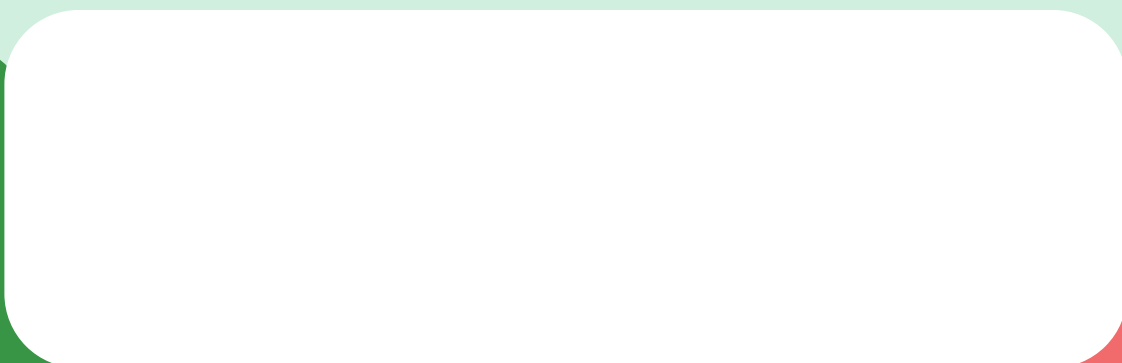
- What emotions am I experiencing right now?

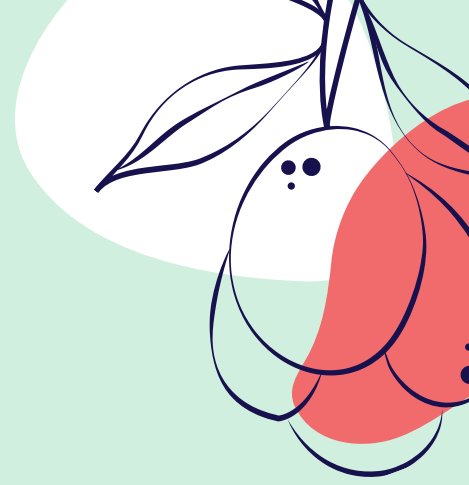


- Can I observe these emotions without judgment?



- What might these emotions be trying to tell me?





Gratitude List

- List 3 things I'm grateful for

A large, empty white rounded rectangle with a soft drop shadow, intended for writing a list of things the user is grateful for.

Acts of Kindness

- One kind thing I did for myself or others today:

A large, empty white rounded rectangle with a soft drop shadow, intended for writing about a kind act performed today.

- How did it feel?

A large, empty white rounded rectangle with a soft drop shadow, intended for writing about how the act of kindness felt.