pensio

Mindfulness Journal

10 min

Ground yourself in the present moment — observe your thoughts, body, and surroundings without judgment.

SECTION 1

Right now, I notice...

Describe what you see, hear, and feel in this moment.

SECTION 2

Body scan — where am I holding tension?

SECTION 3

What thought keeps returning today?

SECTION 4

Can I observe that thought without reacting to it?

SECTION 5

One thing I'm grateful for in this exact moment:

SECTION 6

My intention for the rest of the day:

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