










7 Day Mindfulness Chart

My 3 goals/priorities for the week	Monday	Tuesday	Wednesday
	How am I feeling? (circle) 	How am I feeling? (circle) 	How am I feeling? (circle) 
	What is one thing I will commit to doing for myself today for my wellbeing?	What is one thing I will commit to doing for myself today for my wellbeing?	What is one thing I will commit to doing for myself today for my wellbeing?
	What are 3 things Im grateful for?	What are 3 things Im grateful for?	What are 3 things Im grateful for?
Thursday	Friday	Saturday	Sunday
How am I feeling? (circle) 	How am I feeling? (circle) 	How am I feeling? (circle) 	How am I feeling? (circle) 
What is one thing I will commit to doing for myself today for my wellbeing?	What is one thing I will commit to doing for myself today for my wellbeing?	What is one thing I will commit to doing for myself today for my wellbeing?	What is one thing I will commit to doing for myself today for my wellbeing?
What are 3 things Im grateful for?	What are 3 things Im grateful for?	What are 3 things Im grateful for?	What are 3 things Im grateful for?

“Acknowledging the good that you already have in your life is the foundation for all abundance.”~ Eckart Tolle