

Mindful living involves intentionally clarifying our values, giving thanks for what we are grateful for, and being kind to our mind, body, and soul.

Intentions: My Words For This Week

What values are important to you? What words represent what you would like to cultivate in your life?

What I Am Grateful For

Within yourself, your home, your community, your world.

1. _____
2. _____
3. _____
4. _____

Thoughts And Actions

What thoughts and actions will support your intentions?

1. _____
2. _____
3. _____
4. _____

**MINDFUL
LIVING**

Self-Care Activities

How will you care for yourself this week?

- Physical Activity
- Meditate
- Sleep 8 Hours
- Play
- Read
- Take A Bath
- Celebrate Your Victories
- Watch A Feel Good Movie
- Music
- Other: _____
- Other: _____
- Set/ Maintain Your Boundaries
- Therapy Appointment
- Try Something New
- Staycation
- Explore Your City
- Me Time
- Date Night
- Cooking
- Play With Your Pet
- Call A Friend
- Other: _____
- Other: _____

Compassion And Affirmations

How can you show yourself compassion this week? What do you need to hear? Tell yourself!

What I Need This Week:

Love Acceptance Encouragement Support Energy
Other: _____

Positive Self-Talk Mantra This Week:
