Month of Mindful Minutes JOURNAL



A Daily Mindful Minute With C@MPASS*

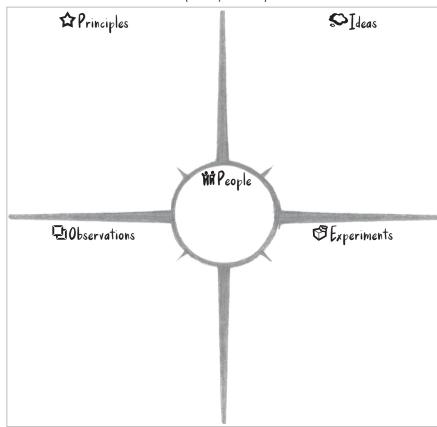
Every day at/by/around ____a.m./p.m. I'll set my compass for a mindful, great day. Do 1-5 minutes and whatever questions/order feel good. Guesses are fine—just add a ? mark!

☆ Principles	\$ Ideas
3. What matters most today?	4. What ways are there?
What are a few "north stars" for whatever you do today?	What are different things you could do to make
They can be simple words (like Listen) or pictures (I often have a heart with big ears!)	today great? This is space to dream— no need to detail, decide, or commit to anything.
The People 1. Who's involved? Who will you be with today? 2. What's happening? Why? 5. What's a step to try?	
What are you and the other people doing today? Feeling? (Like Big presentation—excited and nervous about it.)	Get down some details here or in your planner, etc. What will you try, when? Small and specific, so you'll do these! Or just do them now!

Notes, doodles, reflections, mini-compasses, etc.

End-of Month Reflection

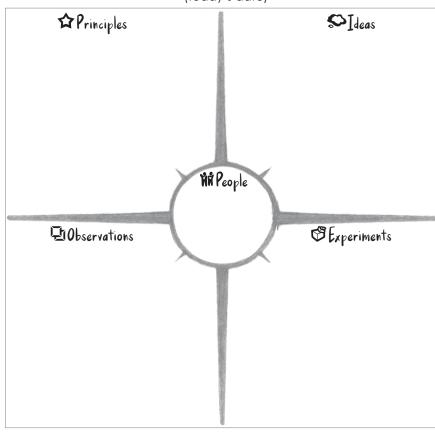
Interesting patterns that came up over the month?
How did this month of mindful minutes feel? Why?
Other reflections or ideas for the future?



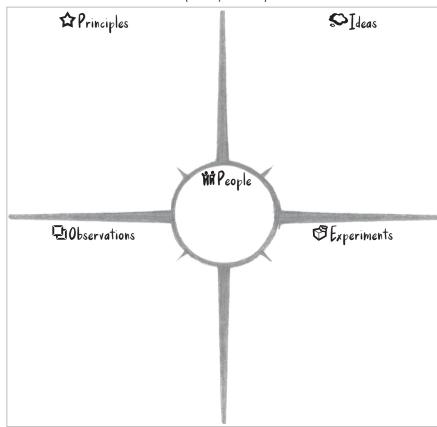
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Making ______ great!



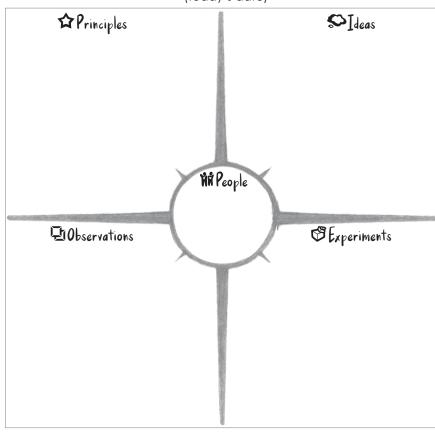
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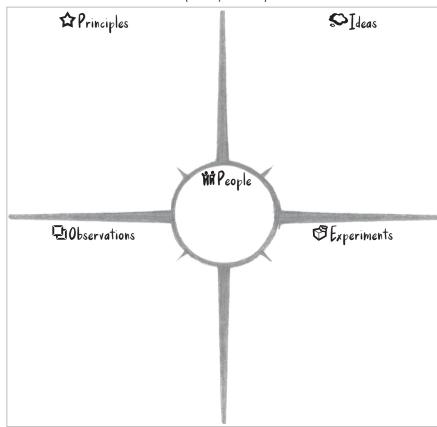
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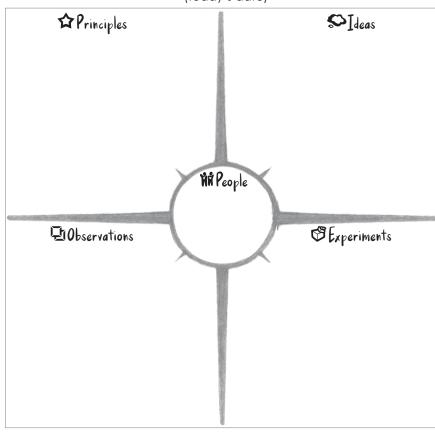
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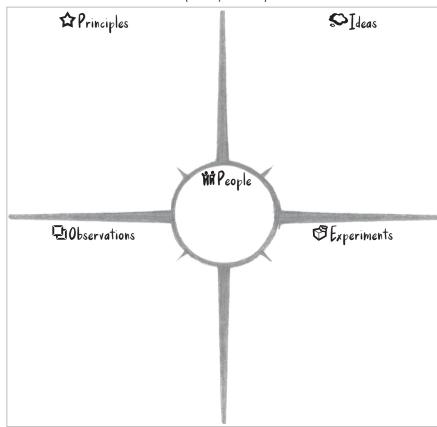
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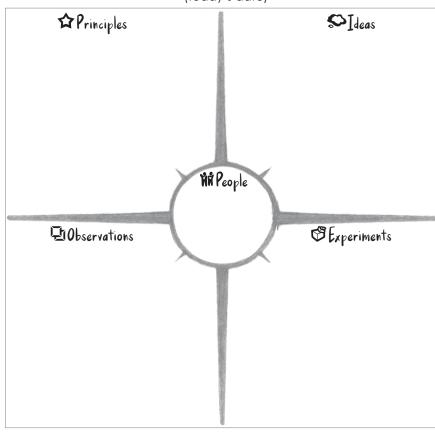
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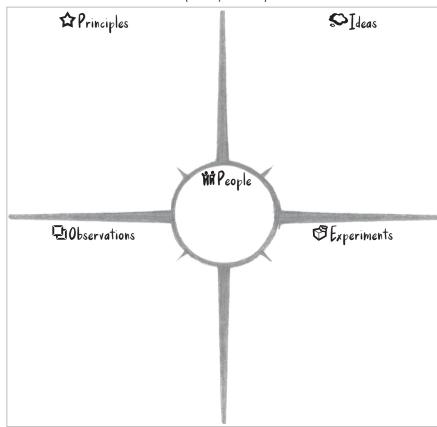
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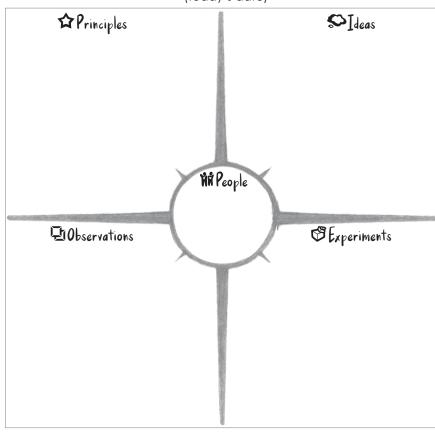
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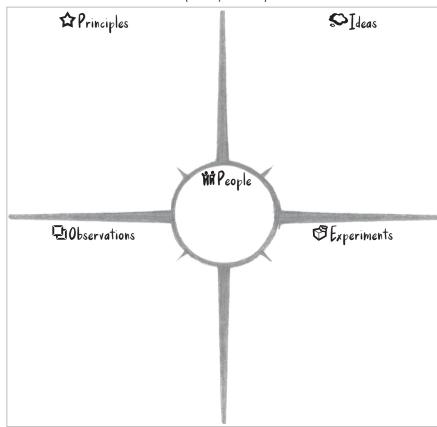
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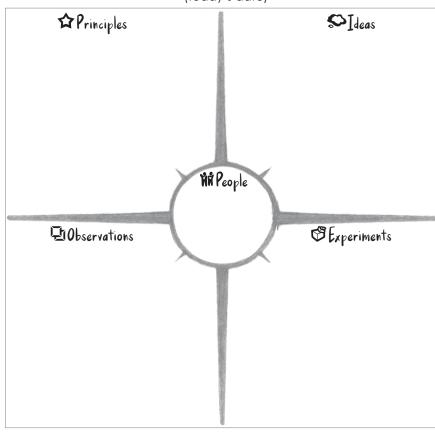
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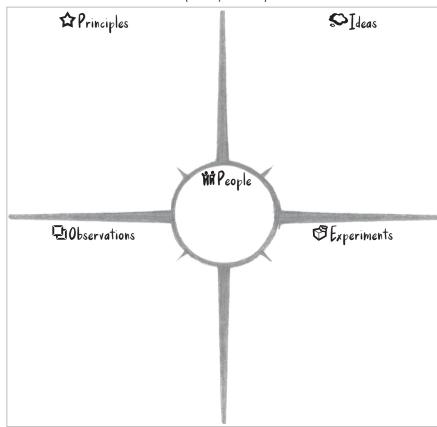
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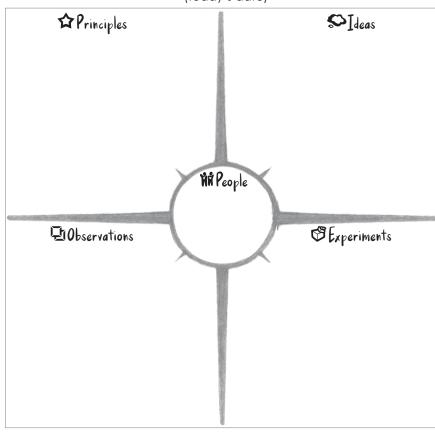
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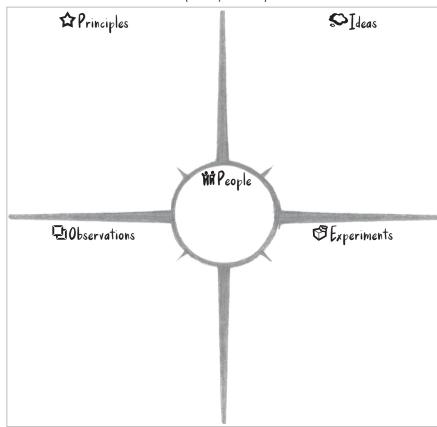
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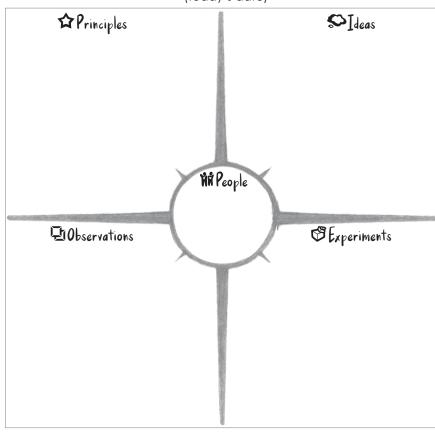
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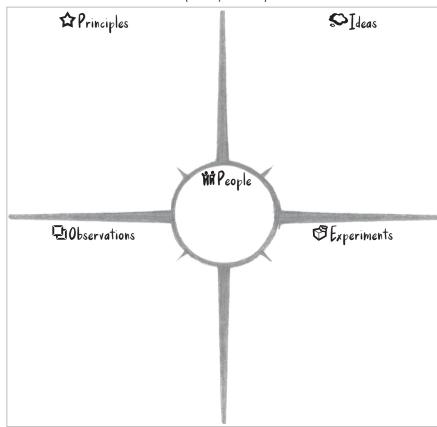
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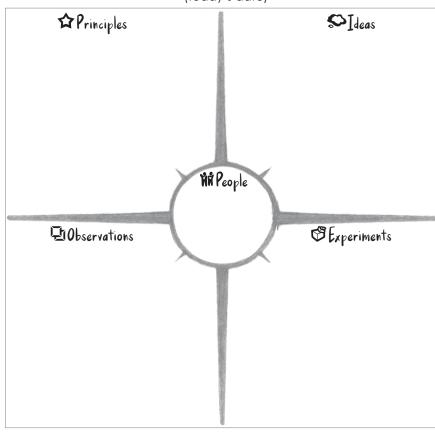
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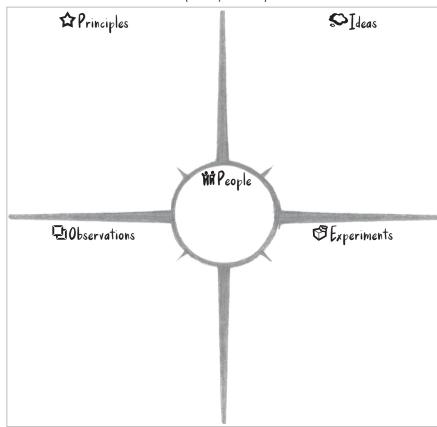
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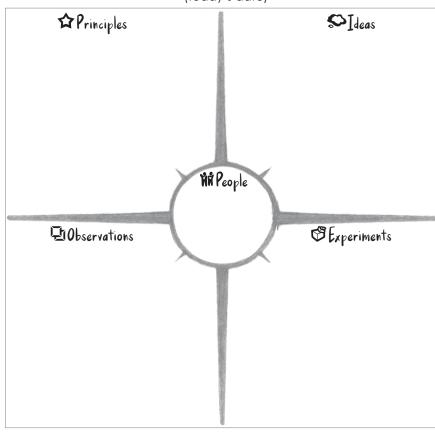
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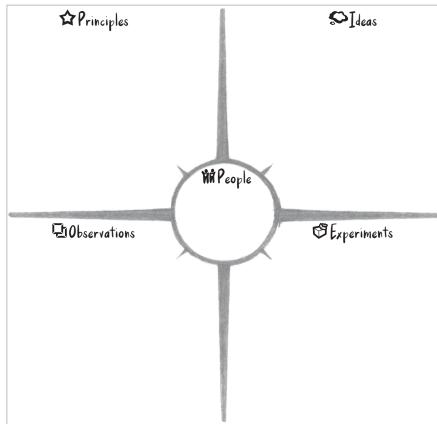
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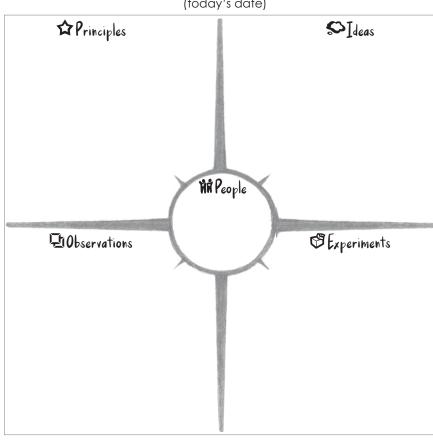
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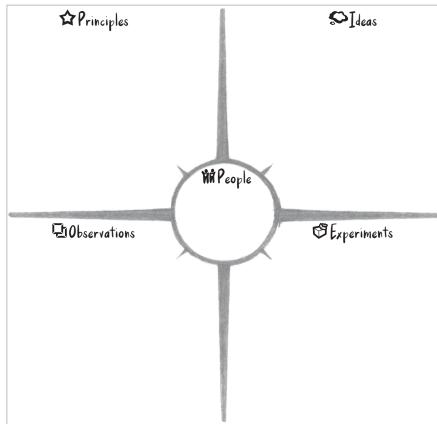
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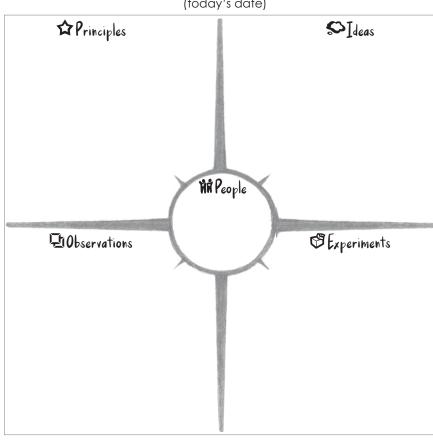
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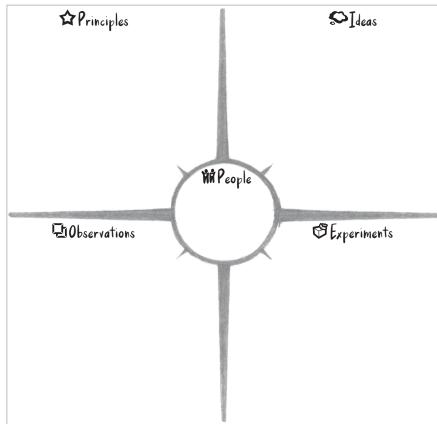
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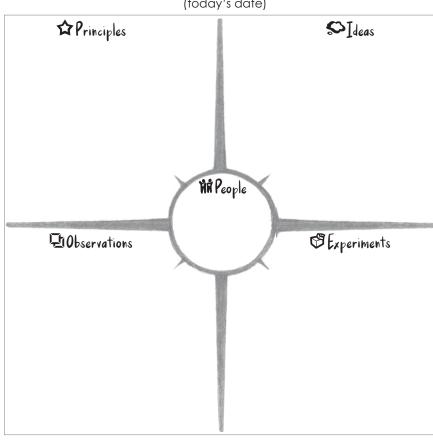
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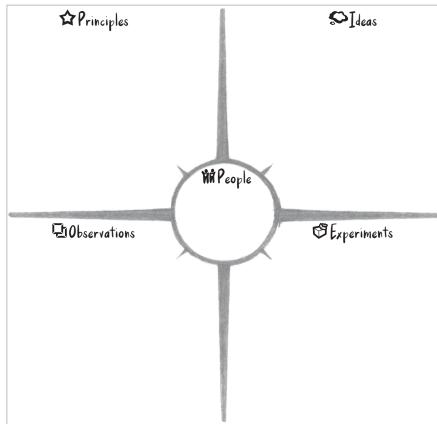
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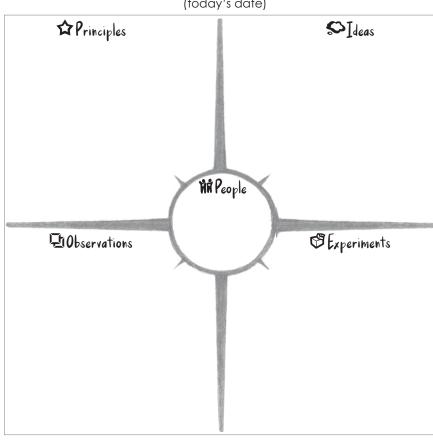
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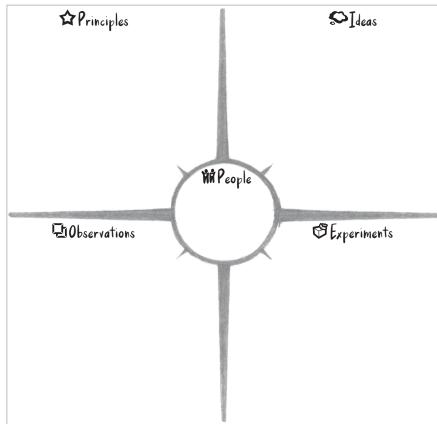
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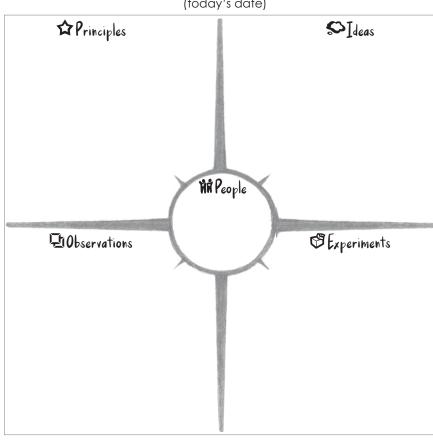
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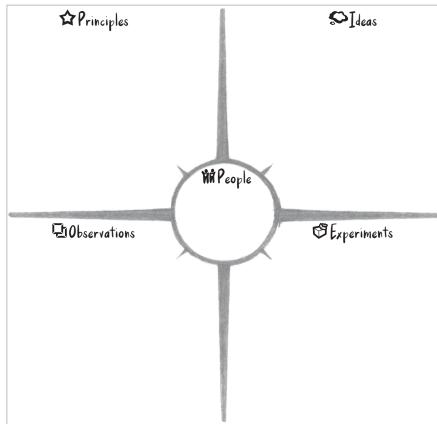
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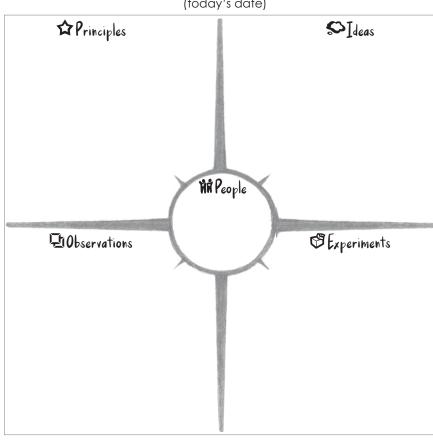
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