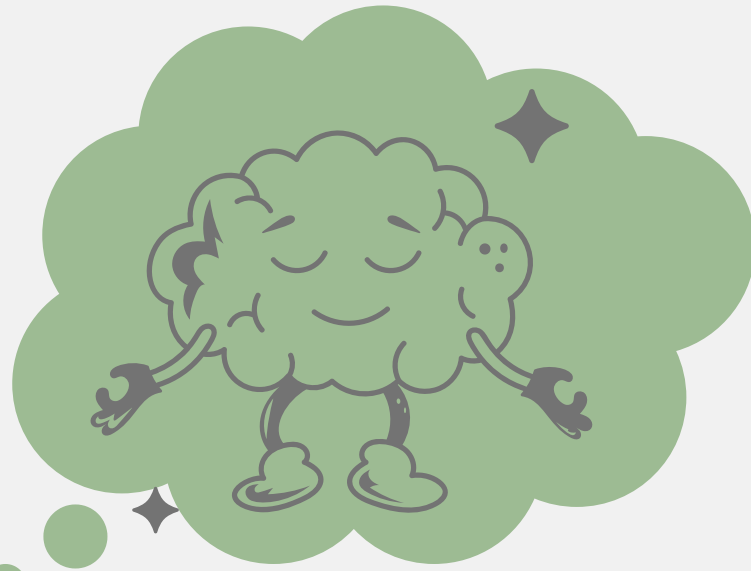
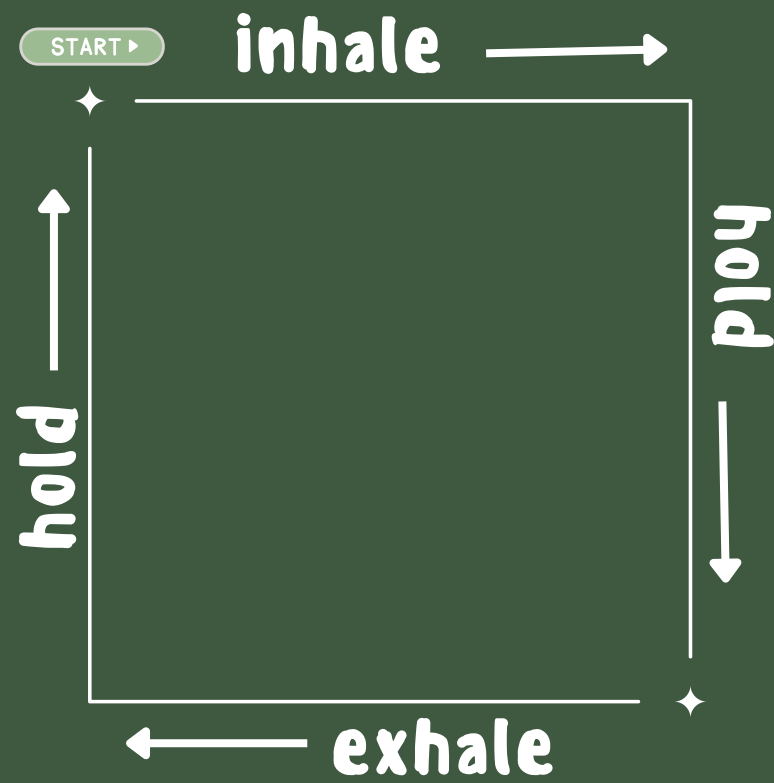


Mindful Jot



Let's begin here...

Box breathing is a mindfulness technique where you:
inhale 4 seconds
hold 4 seconds
exhale 4 seconds
hold 4 seconds
for 3 cycles



1 thing

I'm grateful for...

Rosebud

1 thing I did this week that I am proud of...

Thorn

A challenge I overcame this week...

Bud

Something I'm looking forward to....

Mindful Tracker

- 1 - needs work
- 2 - neutral
- 3 - I did my best
- 4 - very content

| | | | | |
|--------------|---|---|---|---|
| Nutrition | 1 | 2 | 3 | 4 |
| Hydration | 1 | 2 | 3 | 4 |
| Exercise | 1 | 2 | 3 | 4 |
| Rest | 1 | 2 | 3 | 4 |
| Productivity | 1 | 2 | 3 | 4 |