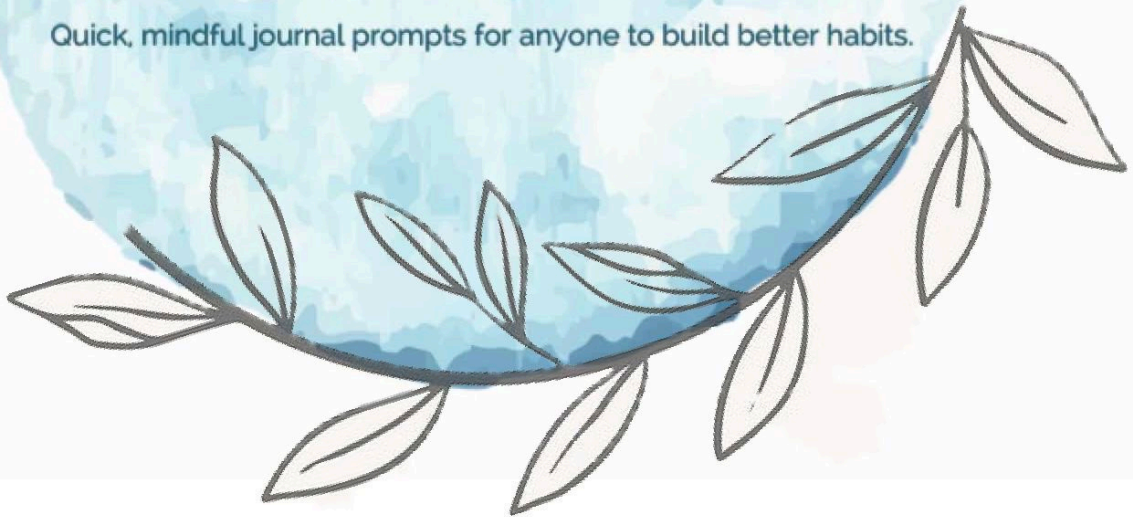




11:11 Mindfulness Training

5 minute journal.

Quick, mindful journal prompts for anyone to build better habits.



The perfect journal for beginners, experts, busy people and those struggling to start writing.
Journaling doesn't have to be laborious, it can be quick, simple & even fun!
Enjoy!

Alice Cosgrove.

5 Minute Journal.

Contents



This journal contains a range of simple, mindful activities for anyone from beginners to experts to do daily, alone or with loved ones, to help prevent stress and emotional turbulence and bring a little peace and clarity, both mentally and physically - with organisational tools and planners included!

Pick one activity to start with, remember how to document how these make you feel! Dedicate a notebook to your journal notes. There's also space to write in here too!

If you enjoy this journal and would like to explore more mindful tools and techniques for building a positive mindset, please contact Alice Cosgrove at 11:11 Mindfulness Training on Facebook or email eleven11mindfulness@outlook.com

If you would like to gift a copy of this journal to a friend, please email the above address to have it sent to their email or posted to their address.



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Positivity Jar.



So far we have discussed the importance of routine and repetition for rewiring the brain to be more positive and less judgemental, to help us feel lighter and happier in general.

With this positivity jar, write one positive word inside, every day for 21 days, and longer if you like. At the end you'll have a jar full of positivity whenever you need it!





Gratitude.



It takes 21 days to form a new habit, when repeated daily! Neuroplasticity allows us to retrain or rewire the brain, just like when you go to the gym or first drink alcohol, it isn't pleasant but you enjoy the result. Beginning to practise mindfulness is similar, it is hard at first but the results are worth it.

By practising gratitude daily, we rewire the brain to be more appreciative by default, even in undesirable situations.

Use the prompts on the next few pages to log 3 things you've been grateful for each day for 21 days, then log your results! Why see the rubbish side of things when you can bring your own sunshine? No matter what sort of day you've had, for this entry, make your answers neutral or positive. Good luck.



Date:

Today I saw someone do something nice when...

Today I managed to...

I am grateful for my...

Date:

One thing that made me smile today was...

A basic need that was met today was...

A piece of positive news today was...

Date:

I smiled today when...

One person/thing that brought me joy today was...

One thing that went well today was...

Date:

One good thing I noticed today was...

One act of kindness I saw was...

I felt strongest today when...



Gratitude.



Date:

Something I did well today was...

I felt good about myself when...

I was proud of someone else for...

Date:

Today I accomplished...

A positive thing I saw was...

Today I had fun when...

Date:

Today was interesting because...

A positive thing I saw was...

I smiled when...

Date:

Today I accomplished...

One act of kindness I saw was...

I felt proud when...

Date:

One person/thing that brought me joy today was...

Today was interesting because...

Something I did well today was...

Date:

A basic need that was met today was...

A piece of positive news today was...

Today I had fun when...



Gratitude.



Date:

One good thing I noticed today was...

One act of kindness I saw was...

I felt strongest today when...

Date:

Today I accomplished...

A positive thing I saw was...

Today I had fun when...

Date:

I smiled today when...

One person/thing that brought me joy today was...

One thing that went well today was...

Date:

Today was interesting because...

A positive thing I saw was...

I smiled when...

Date:

One good thing I noticed today was...

I smiled when...

I felt happiest today when...

Date:

Today I saw someone do something nice when...

Today I managed to...

I am grateful for my...



Gratitude.



Date:

Today I accomplished...

One act of kindness I saw was...

I felt proud when...

Date:

One good thing I noticed today was...

One act of kindness I saw was...

I felt strongest today when...

Date:

One person/thing that brought me joy today was...

Today was interesting because...

Something I did well today was...

Date:

I smiled today when...

One person/thing that brought me joy today was...

One thing that went well today was...

Date:

Today was interesting because...

A positive thing I saw was...

I smiled when...

Date:

Now I have completed this journal I feel...

Well done for completing the 21 day gratitude journal!



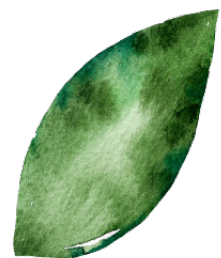
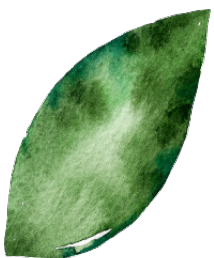
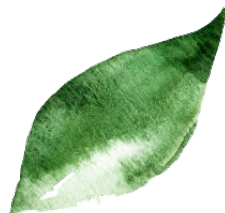
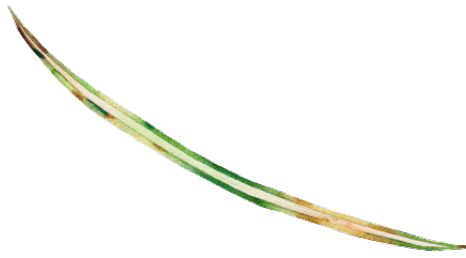
Worry Leaves.



Often when we worry about something it stays like a dull niggler in the back of your mind, making sure you don't forget about it. Somethings you just have to let go of, and by spending less energy worrying we can use that energy to see things from a stronger, more balanced perspective and probably find a better solutions to the problem, or find we manage a situation better than we would have because we have more balanced energy going into it than anxious

Use the leaves below to write down your problems, either now or whenever you've had time to think, imagine the leaf let's the worry float away when it needs to, but not before. Use the opposing half of the leaf to write down your solution, whether that is practical or just how you've managed it mentally. Write in and/or around the leaves.

You'll soon realise you regularly succeed with your problems and worry is an unproductive factor when undirected, but we can use the future as an efficient tool to plan.





Lemon Mood Tracker.

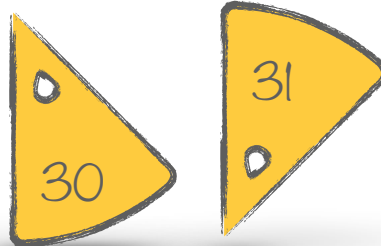
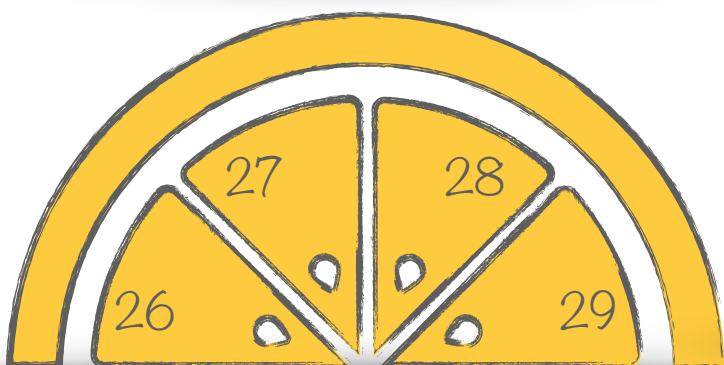
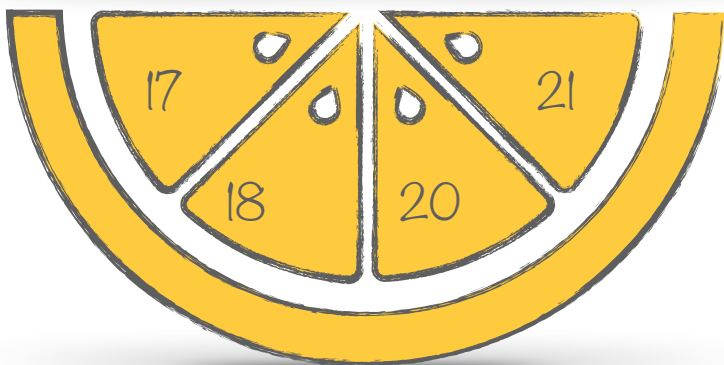
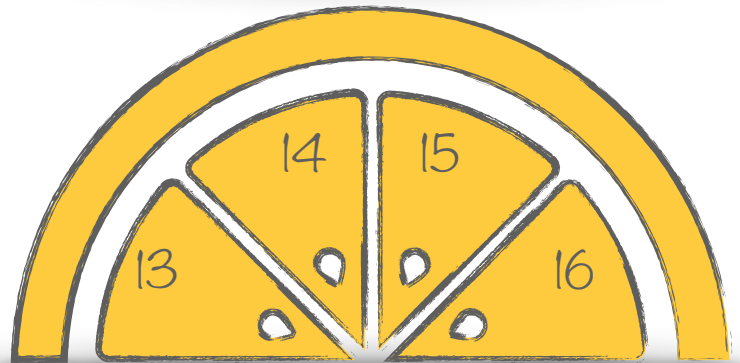
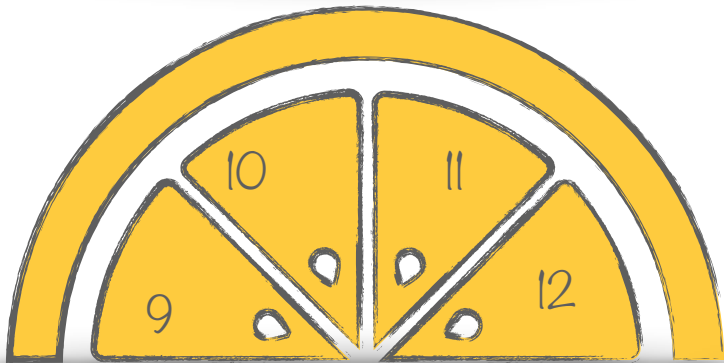
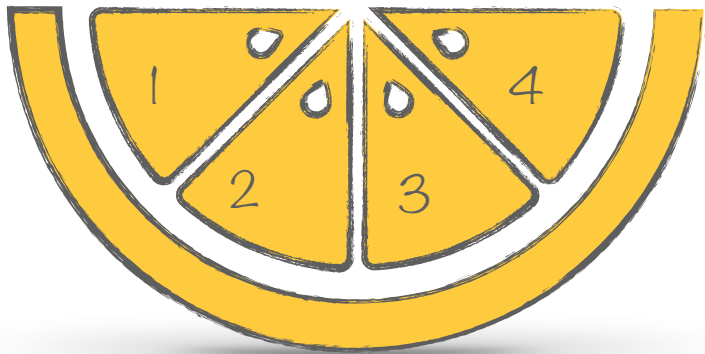


A neat way to track your moods without having to explain how you feel, or write when you're low or simply just too busy - colour in the pips different shades of yellow and use the key to colour code each mood. 🍋

It's important to track your moods to see if there's a pattern over each month or even each week! Then you can work out what the triggers are and act upon them, or just plan yourself in more time for self care in those moments.

Key:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____



Well done!



Noticing Nature.



Over the next week, when you're outside, notice the nature around, without judgement. Don't look for beauty, just notice what's there (again, without judgement)! Write down, draw, photograph or collect & stick in the boxes below what stands out to you each day for the next week.

This helps to retrain the brain to just notice situations, without judgment, even if you'd normally find them stressful, it prevents an automatic emotional reaction and provokes a mindful response. Remember practicing mindfulness is like going to the gym for your brain, you have to work at it and build it up. Good luck! 🌿

Day 1

Day 2

Day 3



Noticing Nature.



Day 4

Day 5

Day 6


Day 7

This journal entry made me feel...

Habit Tracker.




Tracking your habits (good & bad) is important to see where you're spending a lot of time and energy. Is that making you feel good, or does it need adjusting? But also, where you're just plain avoiding something, if you don't want to do it and it's having a negative impact, decidedly ditch it and mindfully replace it.

 Habit: _____


1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Total:
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	_____

Date: _____

 Habit: _____


1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Total:
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	_____

Date: _____

 Habit: _____


1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Total:
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Date: _____

 Habit: _____

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Date: _____

 Habit: _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Total:
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	_____

Date: _____



No Fuss Planner.



Now we have identified areas we need to give more attention, and places we would like to divert our attention, it is helpful to use a planner. This doesn't have to be rigid, it can be flexible, you aren't holding yourself accountable. Simply using the future as a tool to plan, to reduce stress and anxiety in the Now.

By putting your plans and routines on to paper, you can free space in your mind for new experiences, perspectives, information and positivity!

Use this planner for your self care, your daily routine and the new habits you'd like to include. Don't overwhelm yourself, only add one new habit per week when you're feeling well.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Affirmation: Say this aloud to yourself in the morning and evening!	"I am calm but prepared."	"I allow love to fill me up and guide me in all of my actions."	"I trust myself and believe in my confidence."	"I am in control."	"My possibilities are endless."	"I release the need for judgement."	"I have everything I need within myself."
Morning							
Afternoon							
Evening							
How I felt after today:							



No Fuss Planner.



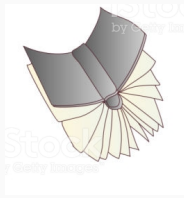
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Morning							
Afternoon							
Evening							
How I felt after today:							



No Fuss Planner.



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Morning							
Afternoon							
Evening							
How I felt after today:							



Journal Prompts.



Dedicate a special note book to answering one of these questions per day, there's enough for a month here from some of the best collections online. Don't over think your answers, just write down what you think, allow yourself to be free, honest, open and authentic here. It is a safe space.

- My favourite way to spend the day is...
- If I could talk to my teenage self, the one thing I would say is...
- The two of the best moments I'll never forget in my life are... Describe them in great detail, and what makes them so unforgettable.
- Make a list of 30 things that make you smile.
- The words I'd like to live by are...
- I couldn't imagine living without...
- When I'm in pain — physical or emotional — the kindest thing I can do for myself is...
- Make a list of the people in your life who genuinely support you, and who you can genuinely trust. (Then make time to hang out with them.)
- What does unconditional love look like for you?
- What would you do if you loved yourself unconditionally? How can you act on these things whether you do or don't?
- I really wish others knew this about me...
- Name what is enough for you.
- If my body could talk, it would say...
- Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.
- What do you love about life?
- Using 10 positive words, to describe your best self.
- Who made you feel good this week?
- What was one mistake you rectified this week?
- What did you do this week that moved you closer to reaching your goals?
- Is there anything you did this week that you wish you'd done differently?
- What did you most enjoy doing this week?
- How did you procrastinate on important tasks this week?
- What did you learn this week?
- What's the funniest thing that happened to you this week?
- What would you do if you knew you could not fail?
- What would you do if money were no object?
- What would you ask for if a genie granted you three wishes?
- What's your wildest dream?
- What would you do if you could live a day without consequences?