

Name _____

Date _____

	Day: Monday		Today's Theme: Gratitude	
Anchoring thought	In the morning: I am grateful for all this day will bring			<input type="checkbox"/>
	During the day: I am grateful for all this day is bringing			<input type="checkbox"/>
	At night: I am grateful for all this day has brought			<input type="checkbox"/>
Today's plan			Today's accomplishments	
Joyful attention	Wake up with gratitude	<input type="checkbox"/>	Wake up with gratitude	<input type="checkbox"/>
	Pay attention to the world around me	<input type="checkbox"/>	Pay attention to the world around me	<input type="checkbox"/>
	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
Kind attention	I plan to practice kind attention _____ times today.		I practiced kind attention _____ times today.	
Daily meditation	I plan to meditate for _____ minutes today.		I meditated for _____ minutes today.	
Healthy habit	I will focus on this healthy habit today:		I was able to focus on this healthy habit today:	
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	Day: Tuesday		Today's Theme: Compassion	
Anchoring thought	In the morning: I will be compassionate to everyone I meet today		<input type="checkbox"/>	
	During the day: I am being compassionate to everyone I am meeting today		<input type="checkbox"/>	
	At night: I tried my best to be compassionate to everyone I met today		<input type="checkbox"/>	
Today's plan			Today's accomplishments	
Joyful attention	Wake up with gratitude	<input type="checkbox"/>	Wake up with gratitude	<input type="checkbox"/>
	Pay attention to the world around me	<input type="checkbox"/>	Pay attention to the world around me	<input type="checkbox"/>
	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
Kind attention	I plan to practice kind attention _____ times today.		I practiced kind attention _____ times today.	
Daily meditation	I plan to meditate for _____ minutes today.		I meditated for _____ minutes today.	
Healthy habit	I will focus on this healthy habit today:		I was able to focus on this healthy habit today:	
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	Day: Wednesday		Today's Theme: Acceptance	
Anchoring thought	In the morning: I will try my best to accept (others, myself, and my situation)		<input type="checkbox"/>	
	During the day: I am trying my best to accept (others, myself, and my situation)		<input type="checkbox"/>	
	At night: I tried my best to accept (others, myself, and my situation)		<input type="checkbox"/>	
Today's plan			Today's accomplishments	
Joyful attention	Wake up with gratitude	<input type="checkbox"/>	Wake up with gratitude	<input type="checkbox"/>
	Pay attention to the world around me	<input type="checkbox"/>	Pay attention to the world around me	<input type="checkbox"/>
	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
Kind attention	I plan to practice kind attention _____ times today.		I practiced kind attention _____ times today.	
Daily meditation	I plan to meditate for _____ minutes today.		I meditated for _____ minutes today.	
Healthy habit	I will focus on this healthy habit today:		I was able to focus on this healthy habit today:	
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	Day: Thursday	Today's Theme: Meaning		
Anchoring thought	In the morning: I will live my day with a higher meaning		<input type="checkbox"/>	
	During the day: I am living my day with a higher meaning		<input type="checkbox"/>	
	At night: I tried my best to live my day with a higher meaning		<input type="checkbox"/>	
Today's plan		Today's accomplishments		
Joyful attention	Wake up with gratitude	<input type="checkbox"/>	Wake up with gratitude	<input type="checkbox"/>
	Pay attention to the world around me	<input type="checkbox"/>	Pay attention to the world around me	<input type="checkbox"/>
	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
Kind attention	I plan to practice kind attention _____ times today.	I practiced kind attention _____ times today.		
Daily meditation	I plan to meditate for _____ minutes today.	I meditated for _____ minutes today.		
Healthy habit	I will focus on this healthy habit today:	I was able to focus on this healthy habit today:		
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	Day: Friday	Today's Theme: Forgiveness	
Anchoring thought	In the morning: I will try my best to forgive (others and myself)	<input type="checkbox"/>	
	During the day: I am trying my best to forgive (others and myself)	<input type="checkbox"/>	
	At night: I tried my best to forgive (others and myself)	<input type="checkbox"/>	
Today's plan		Today's accomplishments	
Joyful attention	Wake up with gratitude	<input type="checkbox"/>	Wake up with gratitude <input type="checkbox"/>
	Pay attention to the world around me	<input type="checkbox"/>	Pay attention to the world around me <input type="checkbox"/>
	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>	Meet family (or others) attending to their novelty and with full acceptance <input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice: <input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice: <input type="checkbox"/>
Kind attention	I plan to practice kind attention _____ times today.	I practiced kind attention _____ times today.	
Daily meditation	I plan to meditate for _____ minutes today.	I meditated for _____ minutes today.	
Healthy habit	I will focus on this healthy habit today:	I was able to focus on this healthy habit today:	
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	Day: Saturday		Today's Theme: Celebration	
Anchoring thought	In the morning: I will focus today on the little pleasures of daily life		<input type="checkbox"/>	
	During the day: I am focusing today on the little pleasures of daily life		<input type="checkbox"/>	
	At night: I tried my best to focus today on the little pleasures of daily life		<input type="checkbox"/>	
Today's plan			Today's accomplishments	
Joyful attention	Wake up with gratitude	<input type="checkbox"/>	Wake up with gratitude	<input type="checkbox"/>
	Pay attention to the world around me	<input type="checkbox"/>	Pay attention to the world around me	<input type="checkbox"/>
	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
Kind attention	I plan to practice kind attention _____ times today.		I practiced kind attention _____ times today.	
Daily meditation	I plan to meditate for _____ minutes today.		I meditated for _____ minutes today.	
Healthy habit	I will focus on this healthy habit today:		I was able to focus on this healthy habit today:	
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	Day: Sunday		Today's Theme: Reflection/Prayer	
Anchoring thought:	In the morning: I will reflect on the higher principles / spirituality		<input type="checkbox"/>	
	During the day: I am reflecting on the higher principles / spirituality		<input type="checkbox"/>	
	At night: I reflected on the higher principles / spirituality		<input type="checkbox"/>	
Today's plan			Today's accomplishments	
Joyful attention	Wake up with gratitude	<input type="checkbox"/>	Wake up with gratitude	<input type="checkbox"/>
	Pay attention to the world around me	<input type="checkbox"/>	Pay attention to the world around me	<input type="checkbox"/>
	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>	Meet family (or others) attending to their novelty and with full acceptance	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
	Other practice:	<input type="checkbox"/>	Other practice:	<input type="checkbox"/>
Kind attention	I plan to practice kind attention _____ times today.		I practiced kind attention _____ times today.	
Daily meditation	I plan to meditate for _____ minutes today.		I meditated for _____ minutes today.	
Healthy habit	I will focus on this healthy habit today:		I was able to focus on this healthy habit today:	
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