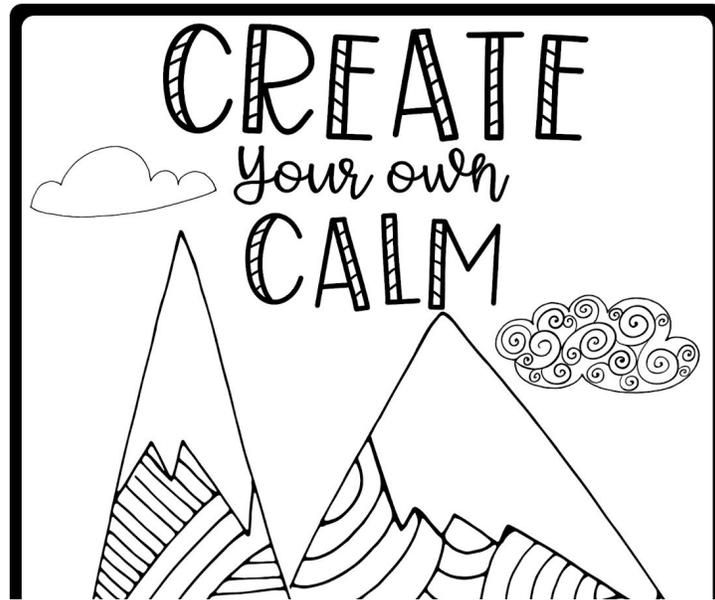


# Daily Mindfulness



By Amy Perez, MAE

Greetings!

I created this mindfulness packet to help you slow down, breathe and check in with yourself.

Mindfulness is a practice of paying attention to the present moment on purpose with kindness, acceptance and curiosity- no judgments or shame.

One of my favorite ways to practice mindfulness is by journaling!

I invite you to connect with your body, heart, mind, environment and the relationship you have with yourself and others. Each day I share a writing prompt as a starting place for this process — feel free to do all of them or pick the ones that most resonate with you.

I also have included guided meditations to listen to, mantras to recite to keep your positive vibes going, and fun yoga poses to try at home!

I hope that this combination of presence and reflection will serve to deepen your awareness of what is happening in your heart and mind, inspire insight and empower you to create!

Give yourself 10 minutes, or 30 minutes every day and write.

Do it just for you and discover what lives within.

Wishing you mindful and calm days ahead,

*Amy*

# Your Week Ahead

*What do you want your week to consist of? What will nourish you? What do you need to get done this week?*

In each box, write down when you want to meditate, practice yoga, journal, and welcome in self-care.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

# Writing to Explore

*Why do we want to practice mindfulness? Let this question sink in...Pick up your pen or pencil and notebook and begin!*

1. **Don't stop.** Anytime you don't know what to write, just repeat the words "I want to practice being present because..."
2. **Don't edit your words or cross anything out.** There is no need to worry about your handwriting, spelling, grammar- anything goes! This is for your eyes only!
3. **Don't read what you are writing.** Set your timer (use your phone or alarm clock) for 3 minutes. Wait until the sound goes off to look back at your words.



DAY 1 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: *Today I choose to think positive.*

### ✍ JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ What are you grateful for today?
- ★ What are you letting go of today?



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

<https://www.youtube.com/watch?v=R9w7SjHaZmE>



### YOGA POSE OF THE DAY: Happy Baby Pose

Step 1: Begin by laying on your back.

Step 2: Bend your knees towards your belly, and hold onto your feet.

Step 3: Allow your body to gently rock side-to-side.

Step 4: When you are done, slowly release your legs to the floor.

## DAY 2 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: *No matter how hard it is, I can do it.*

### JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ Check in with your heart. How are you feeling? Without judgment, write down your moods and feelings.



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

[https://www.youtube.com/watch?v=HK\\_cbpnzGqI](https://www.youtube.com/watch?v=HK_cbpnzGqI)



### YOGA POSE OF THE DAY: Child's Pose

Step 1: Kneel on the floor, touching your big toes together.

Step 2: Sit back on your heels, and separate your knees hip-width apart.

Step 3: Slowly bring your head down, and rest it on the floor in front of you.

Step 4: Rest your hands comfortably by your side.

Step 5: Relax and breathe. You can stay in this pose as long as you would like.

## DAY 3 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: *I accept myself for who I am.*

### ✍ JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ Check in with your mind. Without judgment, write down the thoughts that are floating through your mind.



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

[https://www.youtube.com/watch?v=VZ\\_wdeog5Ek](https://www.youtube.com/watch?v=VZ_wdeog5Ek)



### YOGA POSE OF THE DAY: Crescent Moon Pose

Step 1: Begin in Mountain Pose.

Step 2: Raise your hands over your head, pressing your palms together.

Step 3: Slowly bend your body to one side.

Step 4: Keep your hands pressed together, and return your body to standing up straight.

Step 5: Repeat by bending to your opposite side.

Step 6: Straighten your body, and lower your arms to your sides, returning to Mountain Pose.

## DAY 4 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: *The more I let it go, the better I will feel.*

### 📖 JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ Put on your favorite piece of music. As you listen to it, allow yourself to write down what you are feeling, whatever emotion. Let yourself react physically! Imagine that the music is swirling around you. What are you experiencing? How does your body feel? How would different music affect you?



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

<https://www.youtube.com/watch?v=nmFUDkj1Aq0&t=142s>



### YOGA POSE OF THE DAY: Easy Camel

Step 1: Begin on your knees, with the tops of your feet resting on the floor.

Step 2: Place your hands on your back, fingers pointed down.

Step 3: Lift your head and gaze up. Allow your back to naturally arch back.

Step 4: Hold this pose for a couple of breaths.

Step 5: Use your muscles to bring yourself back to upright, then rest on your heels.

## DAY 5 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: *I have courage and confidence.*

### ✍ JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ Mindfully explore the word combinations from the list below. Breathe in the first word and notice how it makes you feel. Breathe it out. Breathe in the companion word beside it and then breathe it out. Notice the difference between the two words. Repeat or try another word. Write down sensations you have and where you feel them...

LOVE/HATE

KIND/CRUEL

POSITIVE/NEGATIVE



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

[https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)



### YOGA POSE OF THE DAY: Goddess Pose

Step 1: Begin by standing tall, then step your legs apart.

Step 2: Turn your toes outward and bring your hands to heart center.

Step 3: Bend your knees into a comfortable squat.

Step 4: Hold this pose for a couple of breaths, then straighten your knees and relax your hands to your sides.

DAY 6 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: *Everything will be okay.*

### 📖 JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ *Take some time to experience the space around you. What do you see, smell, hear and feel? Notice how the space around you impacts you.*



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

<https://www.youtube.com/watch?v=KIEcztQuyE8>



### YOGA POSE OF THE DAY: Floor Bow Pose

Step 1: Begin on your belly, with your hands by your body, palms facing up.

Step 2: Bend your knees, with your toes pointing towards the back of your head.

Step 3: Reach back with your hands, and hold onto your ankles.

Step 4: Lift your heels towards the ceiling, and your thighs away from the floor. This will lift your upper body off your mat.

Step 5: Gaze forward.

Step 6: Hold this position for a couple of breaths, then release your ankles and relax your body onto your mat.

DAY 7 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: *I can do anything I put my mind to.*

### 📖 JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ *When you're feeling confident, what emotions do you experience?*



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

<https://www.youtube.com/watch?v=KIEcztQuyE8>



### YOGA POSE OF THE DAY: Floor Bow Pose

Step 1: Begin on your belly, with your hands by your body, palms facing up.

Step 2: Bend your knees, with your toes pointing towards the back of your head.

Step 3: Reach back with your hands, and hold onto your ankles.

Step 4: Lift your heels towards the ceiling, and your thighs away from the floor. This will lift your upper body off your mat.

Step 5: Gaze forward.

Step 6: Hold this position for a couple of breaths, then release your ankles and relax your body onto your mat.

## DAY 8 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: *I can make a difference.*

### 📖 JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ *Write down five things that define who you are, listing them as "I am \_\_\_\_\_," statements. Take a few minutes to think about each one. Which quality feels the best?*



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

<https://www.youtube.com/watch?v=5d66ViTvGNY&t=7s>



### YOGA POSE OF THE DAY: Half Pigeon

Step 1: Begin in Downward Facing Dog.

Step 2: Step one foot forward, into a low lunge, setting your foot closer to your opposite hand.

Step 3: Allow your back knee to lower to your mat, as you tip your front knee to open your front hip.

Step 4: Keep your hands on the floor, and sit up tall – be sure to keep your hips facing forward.

Step 5: Hold this pose for a couple of breaths.

Step 6: Step your front leg back, and press into Downward Facing Dog.  
Step 7: Repeat on your opposite side.

DAY 9 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: My mistakes help me learn and grow.

### 📖 JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ *How are you taking care of yourself? What boundaries do you have in place to support you? How do you celebrate yourself?*



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>



### YOGA POSE OF THE DAY: Lion's Breath

Step 1: Begin on your knees, then sit back on your heels.  
Step 2: Spread your fingers wide, and press your hands onto your knees.  
Step 3: Take a deep breath through your nose.  
Step 4: Open your mouth, stretch out your tongue, open your eyes wide, and let your breath out through your mouth with a loud "ROAR!"

## DAY 10 \_\_\_\_\_

ॐ MANTRA/AFFIRMATION: Every day is a fresh start.

### 📖 JOURNAL PROMPTS

*Take 3 minutes for each prompt. After your 3 minutes are up, pair-share with someone in your space!*

- ★ *Take a moment and step in front of a mirror. Step away. Close your eyes. What do you see when you look in the mirror?*



### BODY CHECK IN

*Get into a comfortable seat or lie down. Gently close your eyes, placing one hand on your heart and one on your belly...*

- ★ What do you notice when you scan your body?
- ★ Without judgment, write down the sensations you feel in your body.



### MEDITATION

*Get into a comfortable seat and allow yourself to relax. Click on the link for a 5 minute Mindfulness Meditation!*

<https://www.youtube.com/watch?v=inpok4MKVLM>



### YOGA POSE OF THE DAY: Puppy Pose

Step 1: Begin in Table Pose.

Step 2: Walk your hands forward, and lower your head to your mat.

Step 3: Breathe deeply, and hold this pose for up to one minute.

Step 4: Lower your body into Child's Pose.

♥ REFLECT.  
CONNECT.

### *5 minute Journal Prompts*

1. What is your greatest talent?
2. What is the best compliment you've ever received?
3. How do your parents encourage you to be more confident?
4. Write about a unique quality you have that makes you special.
5. Write down five things that define who you are, listing them as "I am \_\_\_\_\_," statements. Take a few minutes to think about each one. Which quality feels the best?
6. Write about a time when you did something you were afraid to try. How did you feel afterward?
7. Write about a person you admire. What qualities do you have in common with this person?
8. What is your favorite thing to do? How do you feel when you work on this activity?
9. What does it feel like when someone recognizes something you worked hard to do?
10. What makes you feel like a strong person?

