



MINDFULNESS

BEGINNING OF THE DAY Reflection Mudra Journal

I can use this mudra today when I The mudra that best represents my feeling today is (circle one) I chose this mudra because Plug Into the Earth Other • We Are The World

END OF THE DAY Reflection

How/when did I use my mudra today?











MINDFULNESS Mudra Journal

BEGINNING OF THE DAY Reflection

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Other •	Eagle	We Are The World	Plug Into the Earth	The mudra that best represents my teeling today is (circle one)
				(circle o
				ne)

END OF THE DAY Keffection

I can use this mudra today when I

I chose this mudra because

How/when did I use my mudra today?