



MINDFULNESS

• Mudra Journal •

BEGINNING OF THE DAY *Reflection*

The mudra that best represents my feeling today is (circle one)

Plug Into the Earth

We Are The World

Eagle

Other • _____

I chose this mudra because _____

I can use this mudra today when I _____

END OF THE DAY *Reflection*

How/when did I use my mudra today?



MINDFULNESS

• Mudra Journal •

BEGINNING OF THE DAY *Reflection*

The mudra that best represents my feeling today is (circle one)

Plug Into the Earth

We Are The World

Eagle

Other • _____

I chose this mudra because _____

I can use this mudra today when I _____

END OF THE DAY *Reflection*

How/when did I use my mudra today?

