

My Mindfulness Journal



HERO

If I could have any superpower, it would be...

POW!

'A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.'

CHRISTOPHER REEVE



A LETTER

A letter to someone I know, or barely know



DREAMS

One day, I want to...



'All our dreams can come
true if we have the
courage to pursue them.'

WALT DISNEY



GRATITUDE

I am grateful for...

thank
you

'This is a wonderful day.
I've never seen this one
before.'

MAYA ANGELOU



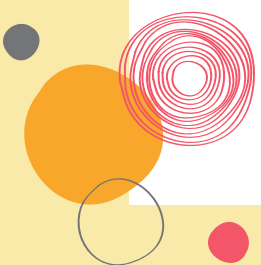
QUOTE OF THE DAY

“

”

INTER-CONNECTION

People who have shaped my life...



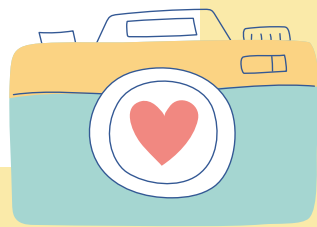
VISUALISATION

A memory that makes me feel happy...



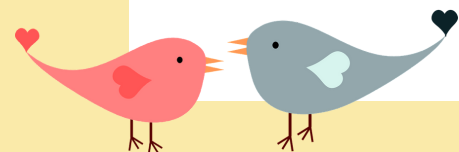
PHOTO-GRATITUDE

A photo I am grateful for...



FRIENDSHIP

A friend I am grateful for...



PERSPECTIVE

A mistake I am grateful for...



SELF-APPRECIATION

Things I appreciate about myself...



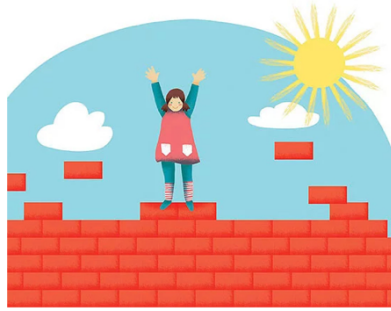
AFFIRMATIONS

I am creative



I express myself freely and easily

I am lovable



I trust myself

I am confident

I am valuable

I am empowered

I understand myself and my feelings

I am compassionate towards myself



I am compassionate towards others

I trust those around me



acs_collective



acscollective



contact_acsc