

# Mindfulness

HOW TO LOVE MYSELF &  
MOVE AWAY FROM THE PAST

AVAILABLE IN TWO COLORS



THE ULTIMATE & AESTHETIC DIGITAL PLANNER IS NOW AVAILABLE!

VISIT SHOP  
TO CHECK MORE ITEMS



# HAPPINESS LOG : HOW TO LOVE MYSELF

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WHAT IS MY DEFINITION OF HAPPINESS? DESCRIBE IT IN AS VIVID DETAIL AS YOU CAN.

What makes me happy?



What are the moments in your life that you realized  
you were lucky and feel grateful?



How did I feel when I showed my gratitude?



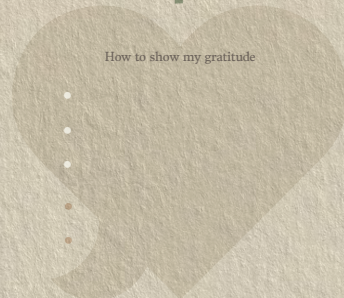

What are the proudest moments when it comes to achievements in my life?




Who am I thankful for?



How to show my gratitude





# WORRY LOG : HOW TO MOVE AWAY FROM THE PAST

VISIT SHOP  
TO CHECK MORE ITEMS



WHAT MAKES ME SAD OR THOUGHTS THAT WORRIES ME?



1.	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>
6.	<input type="checkbox"/>	<input type="checkbox"/>

What is the worst scenario  
that could happen?

1.	
2.	
3.	
4.	
5.	
6.	

Is it something that  
I'm able to solve?

if **Y** What are  
my options?

OPTION 1	<input type="checkbox"/>
OPTION 2	<input type="checkbox"/>
OPTION 3	<input type="checkbox"/>
OPTION 4	<input type="checkbox"/>
OPTION 5	<input type="checkbox"/>

if **N** what can I do to reduce the  
problems or the stress from them?

ACTION
ACTION
ACTION
ACTION
ACTION

How long have I been  
suffering from it?

What are the reasons you  
have not yet solve them?

REASON
REASON
REASON
REASON
REASON

Check the box  
when you did it

How did I feel when I overcome my worries?

•  
•  
•  
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