

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

VISIT SHOP
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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?



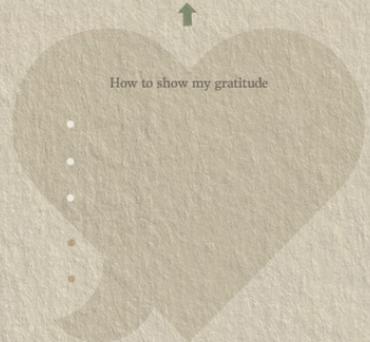
What are the proudest moments when it comes to achievements in my life?



Who am I thankful for?



How to show my gratitude



WORRY LOG : HOW TO MOVE AWAY FROM THE PAST

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

How long have I been suffering from it?

What are the reasons you have not yet solve them?

REASON

Check the box when you did it

How did I feel when I overcome my worries?

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