

7 DAYS OF MINDFULNESS

DAY ONE

Intention for the Day:



Morning

☐ Plan the day

☐ 10 minute
meditation



Daytime

☐ Embrace positive
emotion(s)

☐ Be of service to
another

☐ Be kind to
another



Evening

☐ 10 minute
meditation

Gratitude List



*You have to grow from the inside out.
None can teach you, none can make you spiritual.
There is no other teacher but your own soul.
~ Swami Vivekananda*



7 DAYS OF MINDFULNESS

DAY TWO

Intention for the Day:



Morning

☐ Plan the day

☐ 10 minute
meditation



Daytime

☐ Embrace positive
emotion(s)

☐ Be of service to
another

☐ Be kind to
another



Evening

☐ 10 minute
meditation

Gratitude List



*Everyone has been made for some particular work,
and the desire for that work has been put in every heart.*

~ Rumi



7 DAYS OF MINDFULNESS

DAY THREE

Intention for the Day:



Morning

☐ Plan the day

☐ 10 minute
meditation



Daytime

☐ Embrace positive
emotion(s)

☐ Be of service to
another

☐ Be kind to
another



Evening

☐ 10 minute
meditation

Gratitude List



*Just as a candle cannot burn without fire,
men cannot live without a spiritual life.*
~ Buddha



7 DAYS OF MINDFULNESS

DAY FOUR

Intention for the Day:



Morning

☐ Plan the day

☐ 10 minute
meditation



Daytime

☐ Embrace positive
emotion(s)

☐ Be of service to
another

☐ Be kind to
another



Evening

☐ 10 minute
meditation

Gratitude List



*It is through gratitude for the present moment
that the spiritual dimension of life opens up.
~ Eckhart Tolle*



7 DAYS OF MINDFULNESS

DAY FIVE

Intention for the Day:



Morning

☐ Plan the day

☐ 10 minute
meditation



Daytime

☐ Embrace positive
emotion(s)

☐ Be of service to
another

☐ Be kind to
another



Evening

☐ 10 minute
meditation

Gratitude List



*Water, stories, the body, all the things we do,
are mediums that hide and show what's hidden.*

~ Rumi



7 DAYS OF MINDFULNESS

DAY SIX

Intention for the Day:



Morning

☐ Plan the day

☐ 10 minute
meditation



Daytime

☐ Embrace positive
emotion(s)

☐ Be of service to
another

☐ Be kind to
another



Evening

☐ 10 minute
meditation

Gratitude List



*If you have zest and enthusiasm you attract
zest and enthusiasm. Life does give back in kind.
~ Norman Vincent Peale*



7 DAYS OF MINDFULNESS

DAY SEVEN

Intention for the Day:



Morning

☐ Plan the day

☐ 10 minute
meditation



Daytime

☐ Embrace positive
emotion(s)

☐ Be of service to
another

☐ Be kind to
another



Evening

☐ 10 minute
meditation

Gratitude List



*Stand up and breakthrough your obstacles.
You will find that you are stronger than you think you are.
~ Avinash Satz*

