Daily Mindfulness Expansion Pack

Introduction

Welcome to the next stage of your mindfulness journey. Building on the Mindfulness Baseline Journal, this guide will deepen your mindfulness practice through focused activities and introduce a powerful element of gratitude into your daily life.

How to Use This Guide

Step 1: Identifying Focus Areas

Revisit your Mindfulness Baseline Journal. Identify 2-3 activities where you noticed lower mindfulness scores. Write these activities down as your focus areas for this week.

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_____
_____
_____
_____
_____

Step 2: Setting Up Your Weekly Planner

On the next page, you'll find a weekly planner template. For each focus activity, set a specific goal related to either mindfulness or gratitude.

Weekly Planner

Focus Activity _____ Monday

_____

Mindfulness Goal _____

_____

Gratitude Goal _____

_____

Focus Activity _____ Tuesday

_____

Mindfulness Goal _____

_____

Gratitude Goal _____

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Focus Activity _____ Wednesday

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Mindfulness Goal _____

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Gratitude Goal _____

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Focus Activity _____ Thursday

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Mindfulness Goal _____

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Gratitude Goal _____

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Focus Activity _____ Friday

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Mindfulness Goal _____

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Gratitude Goal _____

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Focus Activity _____
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Mindfulness Goal _____
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Gratitude Goal _____
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Focus Activity _____
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Mindfulness Goal _____
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Gratitude Goal _____
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Focus Activity _____
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Focus Activity _____
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Mindfulness Goal _____
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Gratitude Goal _____
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Focus Activity _____
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Mindfulness Goal _____
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Gratitude Goal _____
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Step 3: Daily Practices

Below are your mindfulness and gratitude practices for the week. Each day, engage in these practices and use the space provided to note your reflections.

Practice 1: Gratitude Reflection

- Goal: To cultivate gratitude by recognizing the good in your life.
- Daily Action: Write down three things you're grateful for each morning or evening.
- Reflection Space: _____
_____
_____
_____
_____
_____

Practice 2: Mindful Commuting

- Goal: Use your daily commute as an opportunity to practice mindfulness.
- Daily Action: Observe your surroundings with intent, focusing on the present moment.
- Reflection Space: _____
_____
_____
_____
_____
_____

Practice 3: Mindful Work

- Goal: Begin work tasks with mindfulness to enhance focus and satisfaction.
- Daily Action: Take three deep breaths before starting any task, setting an intention for mindfulness.
- Reflection Space: _____
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_____
_____
_____
_____

Step 4: Evening Reflections & Weekly Summary

Evening Reflections:

- Action: Reflect on your day's practice. How did engaging in mindfulness and gratitude affect your day? _____

Weekly Summary:
- Action: At the week's end, review your daily reflections. Note any patterns, improvements, or insights gained.
- Summary Space: _____

Transition to Mindful Communication Toolkit

Reflect on how integrating mindfulness and gratitude into daily activities might influence your communication. The Mindful Communication Toolkit will explore applying these principles to enhance the quality of your interactions.