

R U Fit Mindfulness Journal



*“If you want to conquer the anxiety of life,
Live in the moment,
Live in the Breath”*

Amit Ray

*Complete the simple tasks each day as outlined in the journal and of course you can choose to use your own journal to diarise the tasks.
This is your personal wellness journey.*

Week 1 Day 1	<i>Set, write down & regularly review your goals. This helps to keep you focused even when things get hectic.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Something I am looking forward to tomorrow	
Practice mindfulness.	Use this time to sit quietly and breathe. It can be 1 minute or 60 minutes - whatever suits you. If you'd like to use a guided meditation you can download these free Apps: Calm, Insight Timer or Headspace. A great App to focus on the breath is Reachout app - Breathe.
Exercise - at least 30 minutes each day - Journal what you movement you did today.	This doesn't need to be intense. Find something you enjoy. Mix it up

Week 1 Day 2	<i>Remove the clutter in your mind by recording appointments, notes & plans in a notebook or app rather than trying to keep it all in your head.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Something that made me smile.	
Practice mindfulness.	
Exercise - at least 30 minutes each day - Journal what you movement you did today.	

Week 1 Day 3	<i>Define and prioritise key activities to complete each day. The feeling of achievement creates momentum which will carry over to other parts of your life.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Practice a random act of kindness.	
Practice mindfulness.	
Exercise - at least 30 minutes each day - Journal what you movement you did today.	

Week 1 Day 4	<i>Plan self love appointments for yourself each week. Walks, yoga, meditation, gym sessions, coffee with a friend. Pre-committing will make it more likely for you to actually got - don't rely on will power.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Check in on a long lost friend.	
Practice mindfulness.	
Exercise - at least 30 minutes each day - Journal what you movement you did today.	

Week 1 Day 5	<i>Build more movement into your life. Take the stairs, take the park furtherest away from the shop, get up and move every 30 - 45 minutes.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Send a loved one a handwritten note/letter	
Practice mindfulness.	
Exercise - at least 30 minutes each day - Journal what you movement you did today.	

Week 1 Day 6	
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Share your favourite song - what feelings/memories does it evoke	
Practice mindfulness.	
Exercise - at least 30 minutes each day - Journal what you movement you did today.	

R U Fit Mindfulness Journal - Week 2

*“Our life is shaped by our mind,
For we become what we think.”*

Buddha



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Week 2 Day 1	<i>Resilient people can experience two emotions at the same time. Sad, but grateful. Disappointed, but optimistic</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Something I am looking forward to tomorrow	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 2 Day 2	<i>Get into the habit of checking in with yourself to see if you are holding your breath when you are nervous or when you've been engaged in a tense task for awhile.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Something that made me smile.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 2 Day 3	<i>The deepest principle in human nature is the craving to be appreciated.</i> <i>- Thomas Edison</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Practice a random act of kindness.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 2 Day 4	<i>It's easy to focus on the negative things in our life. Pay attention and create strong memories of the the good things that happen each day. Watch your gratitude grow</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Check in on a long lost friend.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 2 Day 5	<i>Build “Must do rituals” into your day and stick to them. They are not negotiable. Make your bed each day, include 30 minutes of exercise, take 10 minutes to focus on your breath.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Send a loved one a handwritten note/letter	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 2 Day 6	It's not our abilities that show who we truly are, it's our choices. - Dumbledore
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Share your favourite song - what feelings/memories does it evoke	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 2 Day 7	<i>When confronted with a choice, ask yourself: will this action make me the person I wish to become?</i>
How are you feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Book a self love appointment - massage/manicure/new hair style.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

R U Fit Mindfulness Journal - Week 3



*“Almost everything will work again
If you unplug it for a few minutes.
Including You.”*

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Week 3 Day 1	<i>When you are tempted to say "i can't do this" change it to "I can't do this YET"!</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Something I am looking forward to tomorrow	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 3 Day 2	<i>Work on your Personal Development regularly. Listen to Podcasts, TED talks, online forums or community meet-ups.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Something that made me smile.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 3 Day 3	<i>Set your intention each morning for the day ahead.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Practice a random act of kindness.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 3 Day 4	<i>Your are enough!!</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Check in on a long lost friend.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 3 Day 5	<i>Take time to write down your daily worries and concerns - review them each week.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Send a loved one a handwritten note/letter	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 3 Day 6	<i>Feelings are something you have, not something you are.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Share your favourite song - what feelings/memories does it evoke	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 3 Day 7	<i>Habits are like financial capital - forming one today is an investment that will give out returns for years to come.</i>
How are you feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Book a self love appointment - massage/manicure/new hair style.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

R U Fit Mindfulness Journal - Week 4



*Train your mind to see
The good in every situation!*

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Week 4 Day 1	<i>Life inflicts the same setbacks & tragedies on the optimist as on the pessimist, but the optimist weathers them better.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Something I am looking forward to tomorrow	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 4 Day 2	<i>One small crack doesn't mean that you are broken, it means that you were put to the test & you didn't fall apart.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Something that made me smile.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 4 Day 3	<i>You are braver than you believe, stronger than you seem & smarter than you think.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Practice a random act of kindness.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 4 Day 4	<i>It's not all about positive thinking, but more like positive re-framing or disputing our thoughts.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Check in on a long lost friend.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 4 Day 5	<i>The beautiful thing about setbacks is they reveal our strengths.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Send a loved one a handwritten note/letter	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 4 Day 6	<i>The happiness of your life depends on the quality of your thoughts.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Share your favourite song - what feelings/memories does it evoke	
Practice mindfulness.	
Exercise - at least 30 minutes each day	

Week 4 Day 7	<i>A human being can change his or her life simply by changing their attitude.</i>
How are your feeling? Use this space to express your feelings & emotions	
3 Things I am grateful for today	
Book a self love appointment - massage/manicure/new hair style.	
Practice mindfulness.	
Exercise - at least 30 minutes each day	