



MINDFUL 21

21 Day Mindful Journal

MINDFUL JOURNAL

Welcome to this 21-day mindfulness guide, designed to help you cultivate a deeper sense of presence, calm, and well-being in your daily life.

Mindfulness is a practice that involves bringing your attention to the present moment, without judgment or distraction. By doing so, you can develop greater awareness, clarity, and compassion for yourself and others.

This guide includes a variety of mindfulness practices, including breathing exercises, body scans, mindful movement, and more. Whether you're new to mindfulness or looking to deepen your practice, this guide is designed to support you in cultivating a greater sense of mindfulness in your everyday life.

By committing to this 21-day journey, you may experience greater calm, focus, and joy in your life.

So let's begin.

Matt Runnalls

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Day 1:

Mindful Breathing

Today, simply focus on your breath. Sit or lie down in a comfortable position, close your eyes, and begin to take deep breaths. Count to four as you inhale, hold your breath for two counts, then exhale slowly for four counts.

Do this for at least five minutes, and notice the sensation of the breath as it moves in and out of your body.

Space for reflection & thoughts

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Day 2:

Mindful Eating

Today, take time to eat mindfully. Choose a meal or snack and focus on the experience of eating. Pay attention to the smells, textures, and tastes of the food. Chew slowly and thoroughly, savoring each bite.

Avoid distractions such as TV or your phone. This will help you develop a better relationship with food and appreciate the experience of eating.

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Day 3:

Mindful Walking

Take a walk outside today, and focus on the experience of walking. Notice how your feet feel as they touch the ground, the movement of your arms and legs, and the rhythm of your breath.

If your mind starts to wander, gently bring it back to the present moment and the sensations of walking.

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Day 4:

Gratitude

Take time today to think about something you are grateful for. It could be something big or small, but focus on the feeling of gratitude.

Write it down or say it out loud, and notice how it makes you feel.

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Day 5:

Body Scan

Lie down or sit in a comfortable position and do a body scan. Start at the top of your head and move down to your toes, paying attention to each part of your body.

Notice any areas of tension or discomfort, and try to relax those areas.

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Day 6:

Mindful Listening

Take time today to listen mindfully to someone else. Whether it's a conversation with a friend or a stranger, focus on what they're saying and really listen.

Avoid interrupting or thinking about what you're going to say next.

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Day 7:

Loving-Kindness Meditation

Sit in a comfortable position and visualize someone you love. Send them thoughts of love, happiness, and well-being.

Then, expand your thoughts to include others in your life, and eventually all beings.

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Day 8:

Mindful Work

Focus on being present and mindful at work today. Avoid multitasking and distractions, and give your full attention to each task you're working on.

Take breaks throughout the day to refocus and recharge.

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Day 9:

Mindful Breathing

Return to mindful breathing today.

Spend at least five minutes focusing on your breath and bringing your attention back to the present moment when your mind starts to wander.

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Day 10:

Mindful Movement

Choose a physical activity, such as yoga or stretching, and focus on the sensations of movement.

Pay attention to how your body feels as you move, and try to be fully present in the experience.

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Day 11:

Mindful Communication

Pay attention to your communication today. Practice speaking and listening mindfully, without judgment or criticism.

Focus on being present and really hearing what the other person is saying.

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Day 12:

Gratitude

Take time today to think about something else you are grateful for.

Write it down or say it out loud, and notice how it makes you feel.

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Day 13:

Mindful Eating

Return to mindful eating today. Choose a meal or snack and really focus on the experience of eating. Notice the flavors, textures, and sensations of the food.

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Day 14:

Mindful Breathing

Spend another day focusing on your breath. Practice deep breathing and bring your attention back to the present moment when your mind wanders.

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Day 15:

Loving-Kindness Meditation

Do another loving-kindness meditation today, focusing on sending thoughts of love and well-being.

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Day 16:

Mindful Self-Care

Take some time today for mindful self-care. Choose an activity that you enjoy, such as taking a bath, going for a walk, or reading a book.

Focus on the experience and allow yourself to fully relax and recharge.

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Day 17:

Mindful Gratitude Journaling

Take out a journal and write down three things you're grateful for today. Then, take a moment to reflect on each item and consider why you're grateful for it.

This practice can help cultivate a sense of appreciation and positivity.

Space for reflection & thoughts

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Day 18:

Mindful Nature Walk

Go for a walk outside and focus on the beauty of nature around you.

Take in the sights, sounds, and smells of your environment. This can be a great way to connect with the natural world and bring a sense of calm to your mind.

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Day 19:

Mindful Body Movement

Choose another physical activity to focus on today, such as dancing, swimming, or hiking. Pay attention to how your body moves and feels, and allow yourself to fully enjoy the experience.

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Day 20:

Mindful Digital Detox

Take a break from screens and technology today. Put away your phone, computer, and other devices, and allow yourself to fully disconnect.

Use the time to do something offline, such as reading a book or spending time with loved ones.

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Day 21:

Reflection and Intentions

Take some time today to reflect on your mindfulness practice over the past 20 days. Consider the benefits you've experienced and areas where you'd like to continue to grow.

Then, set an intention for how you'd like to continue incorporating mindfulness into your life moving forward.

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Space for reflection & thoughts

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