

A WEEKLY MINDFULNESS PRACTICE

DATES: _____

3 THINGS I WANT TO ACCOMPLISH THIS WEEK:

- 1 _____
- 2 _____
- 3 _____

I CHALLENGE MYSELF TO:

A BIBLE VERSE TO REMEMBER THIS WEEK:

Verse:



THINGS I'M GRATEFUL FOR THIS WEEK:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

