



ANATOMY OF SOUND

MINDFULNESS & PRACTICE JOURNAL



GRATITUDE *Journal*

Date:

Today I'm grateful for

-
-
-

Something that inspires me

.....
.....
.....

Today's affirmations

-
-
-
-



WEEKLY *Schedule*

Date:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

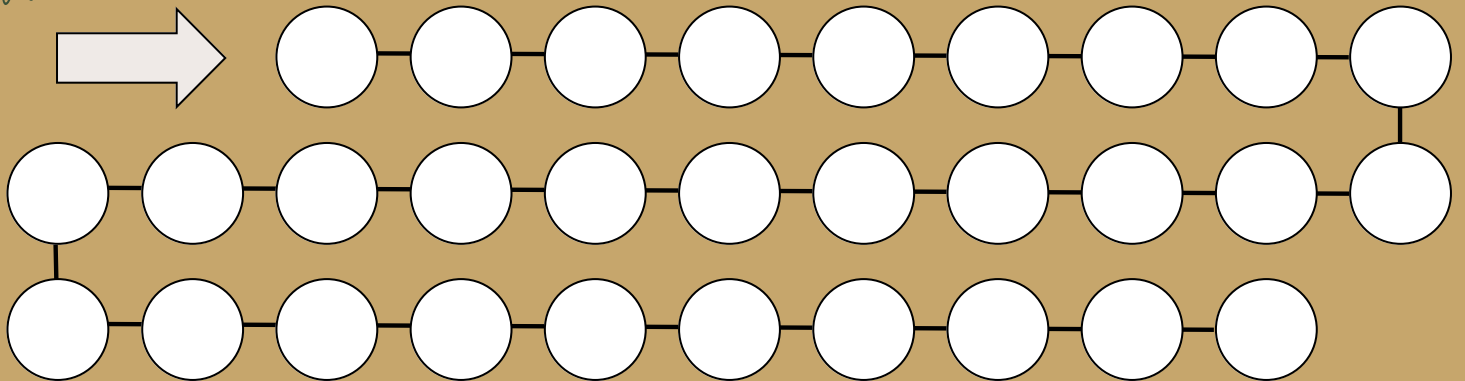
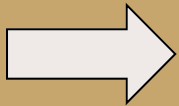
SUNDAY

30-DAY

movement challenge

WHY IS THIS IMPORTANT FOR ME?

Let's do this!



REFLECTIONS
