



Daily Mindfulness
Reflection

2nd Check in – How are you doing? What was skillful or unskillful? Any revelations or thoughts to jot down?

Date:

Activity or Intention: _____

1st Check in – How are you doing? What was skillful or unskillful? Any revelations or thoughts to jot down?

3rd Check in – How are you doing? What was skillful or unskillful? Any revelations or thoughts to jot down?
