

A woman with short grey hair, wearing a floral patterned top and light blue jeans, is sitting cross-legged on a stone wall in a desert landscape. She is smiling and holding a brass singing bowl with a wooden mallet. In the background, there is a tall saguaro cactus and a rocky hillside under a clear blue sky. In the foreground, there are several colorful singing bowls (purple, orange, yellow) and a large light blue drum with a mallet.

Mindfulness PLANNER

Do something everyday that makes
your heart sing.



WELCOME

I believe that everything is ENERGY.
Our thoughts are energy.
Our emotions are energy.
We have a subtle energy from the
Creator running through us giving us
life.

This energy gets trapped or stuck at
times causing us distress or dis-ease.
Using the skills I have acquired over the
years, I assist my clients in removing
that trapped energy which releases
emotional as well as physical pain and
suffering.

There is no greater gift on earth than
the gift of love and healing
which I find to be synonymous.
It is my honor to be on this path
assisting you in your walk.

TC xx

www.tcchicago.com

FOLLOW ME ON SOCIALS

@tcchicago



BEGIN YOUR JOURNEY

Learning a new way of being does not happen overnight. It is a journey. A journey of being mindful. A journey inside to get to know the real you. Not who the world says you are, but the authentic being deep inside.

The lovely soul so wonderfully created. You are not the body. You are not the mind. Use this journal as a tool to get to know the real you. Love yourself. Let's begin...



Notes:

MINDFULNESS

Routine

A regular Mindfulness routine is key to a healthy and confident mindset. Once you will set a clear schedule, it will become a habit for you. A healthy and happy lifestyle will help you to keep your balance.

Good sleep, exercise, healthy food, and some beauty treats will make it perfect.



6 Ways to Practice Mindfulness Every Day

Begin your day with purpose



Live in the present moment



Nourish your mind and body
with deep breaths



Bring your attention inward
by journaling



Express gratitude before you
go to sleep



Daily MINDFULNESS



GET A GOOD
SLEEP



5 MINUTE
MEDITATION



GO FOR A
WALK



SAY THANK
YOU



EAT
MINDFULLY



DRINK
ENOUGH
WATER

30-DAY MINDFULNESS CHALLENGE

<input type="checkbox"/> Acknowledge everything that surrounds you	<input type="checkbox"/> 10 minutes walking meditation	<input type="checkbox"/> Try a short yin yoga session	<input type="checkbox"/> Do something that makes you happy	<input type="checkbox"/> Read 10 pages of a book
<input type="checkbox"/> Live in the present moment	<input type="checkbox"/> Notice what you can see	<input type="checkbox"/> Stretch	<input type="checkbox"/> Notice 3 things that you can hear	<input type="checkbox"/> 3 things you are grateful for
<input type="checkbox"/> Practice deep breathing for 2 minutes	<input type="checkbox"/> Be aware of small things that make you happy	<input type="checkbox"/> Go outside	<input type="checkbox"/> Enjoy the fresh morning air	<input type="checkbox"/> Tea meditation
<input type="checkbox"/> Watch the sunset	<input type="checkbox"/> Act like a child	<input type="checkbox"/> Talk to a dear friend	<input type="checkbox"/> Express how you feel	<input type="checkbox"/> Eat mindfully
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Go offline for one hour	<input type="checkbox"/> Notice 3 things that you can smell	<input type="checkbox"/> Body scan	<input type="checkbox"/> Be patient
<input type="checkbox"/> Meditate for 5 minutes	<input type="checkbox"/> Notice 3 things that you can feel	<input type="checkbox"/> Journal	<input type="checkbox"/> Listen to a dharma	<input type="checkbox"/> Self face massage

WHAT'S YOUR MINDFULNESS MANTRA?

CHOOSE WHAT RESONATES

Less is
more

When you can't create,
meditate!

Exhale stress,
inhale peace

I am attracting all
the love I deserve

I live only
in the present

With change comes
opportunity

2-step Guide to Mindful Gratitude

01

Start by observing. How many thank you's did you say today? How are you feeling when you express thanks?



02

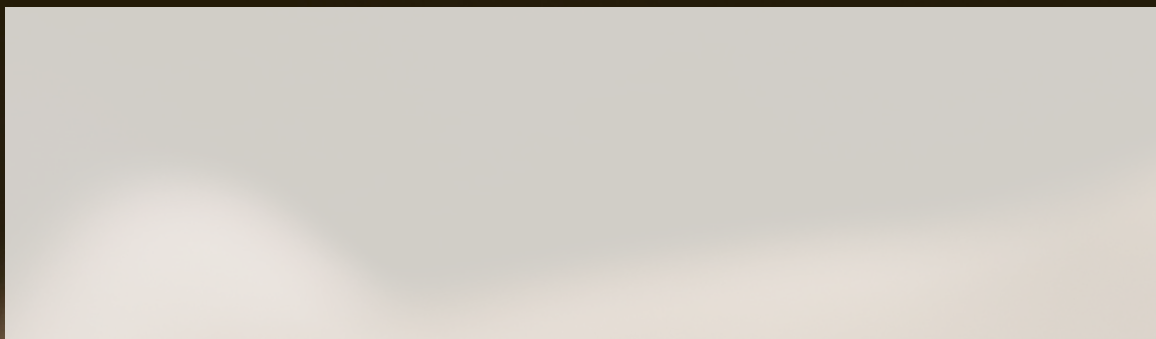
Recall the instance you said thanks today. What were you grateful for?



MINDFUL MINUTE

If you had 60
seconds to
pause and reset,
what would you
do?

Share it here!





The Benefits of MINDFULNESS

1. Stress Reduction

Got it. ✓

2. More Enjoyment

Got it. ✓

3. Less Reactivity

Got it. ✓

4. Relationship satisfaction

Got it. ✓

MEDITATION

Practice

Meditation is another stress and anxiety relief method to practice. Start by adding short sessions to your Mindfulness schedule and slowly start increasing meditation length.

Inhale and exhale. Accept yourself and clear your mind. Place your focus on some happy thoughts. Be thankful.





Meditation

Meditation is when you connect with your higher self and your spirit team intentionally by entering a "witness" state of mind.

7 STEPS TO PRACTICE MEDITATION

01

Create Some Free Time & Space

02

Take at Least 15 Minutes
Of Distraction Free Time

03

Sit Down Comfortably

04

Concentrate on Your Breathing

05

Notice How it Feels to Breathe

06

It's OK if Your Mind Wanders, Gently Bring The
Focus Back on Breath


07

When the Time's Up, Gently Open
Your Eyes - How Do You Feel?

12 Day MEDITATION CHALLENGE


1

Focus On
Your Breath



2

Think Of Someone
You Love



3

List Things You
Are Grateful For




4

Say Positive Things
About Yourself




5

List Things You
Are Grateful For




6

List Amazing Things
That Happened
Today



7

Visualize A Place
You Love



8

Take Few Breath
Outside




9

Say Compliments
To Yourself




10

List Things You
Are Grateful For




11

List 5 Persons
You Love



12

Focus On
Your Breath



Your goal is not to battle with the mind,
but to witness the mind.

- Swami Muktananda



BENEFITS OF MEDITATION

- Reduced Stress
- Emotional Balance
- Increased Focus
- Reduced Pain
- Reduced Anxiety
- Increased Creativity
- Reduced Depression
- Increased Memory

The background of the image features three ceramic bowls of different colors: orange, yellow, and purple. They are arranged on a surface of small, light-colored gravel. The text is overlaid on the image, centered horizontally.

TIPS FOR MANAGING YOUR MENTAL HEALTH

Catch up with others over a coffee

Consume as little news as possible

Stay physically and mentally active

Ask for help whenever you need it

Reduce your alcohol consumption



YOUR SELF-AWARENESS IS LOW IF YOU HAVE THESE TRAITS

You don't want to admit your mistake.

You deny your own feelings.

You like to criticize other people.

You are extremely indecisive.

You constantly worrying about
the future.

You can't let go of what already
happened.

You only pay attention to the
dominant emotion.

MY CHECKLIST TO REDUCE ANXIETY



Go for a 30 Minute Walk



5 Minute Deep Breathing



Journal My Thoughts



Chat with a Friend

DEEP BREATHING

Slow your breathing



**Sit or lie down
somewhere comfortable**



**Breathe in through your
nose for 4 counts**



**Hold your breath for
2 counts**



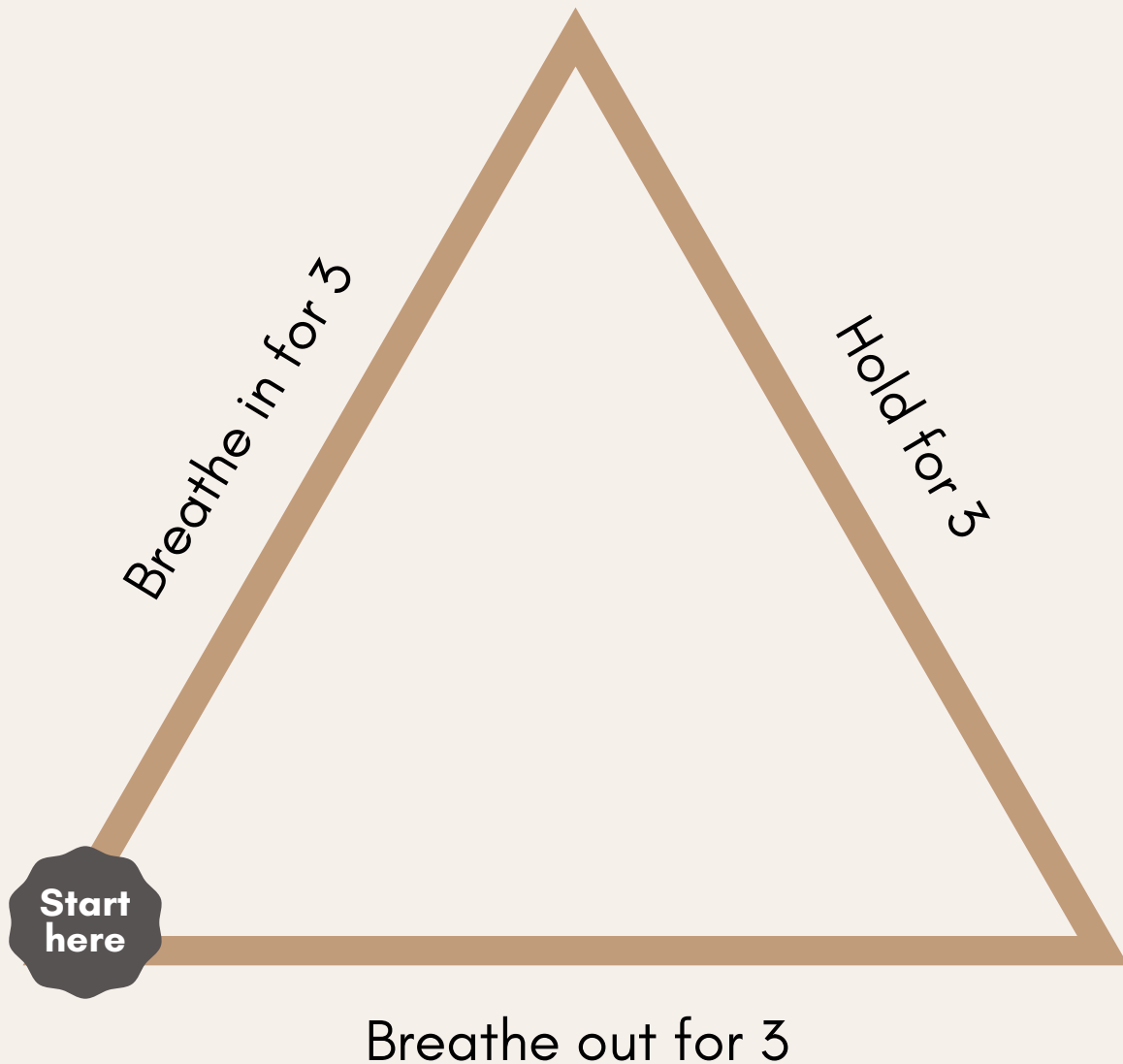
**Breathe out through
your nose for 6 counts**



**Repeat - practice
once or twice a day**

TRIANGLE BREATHING

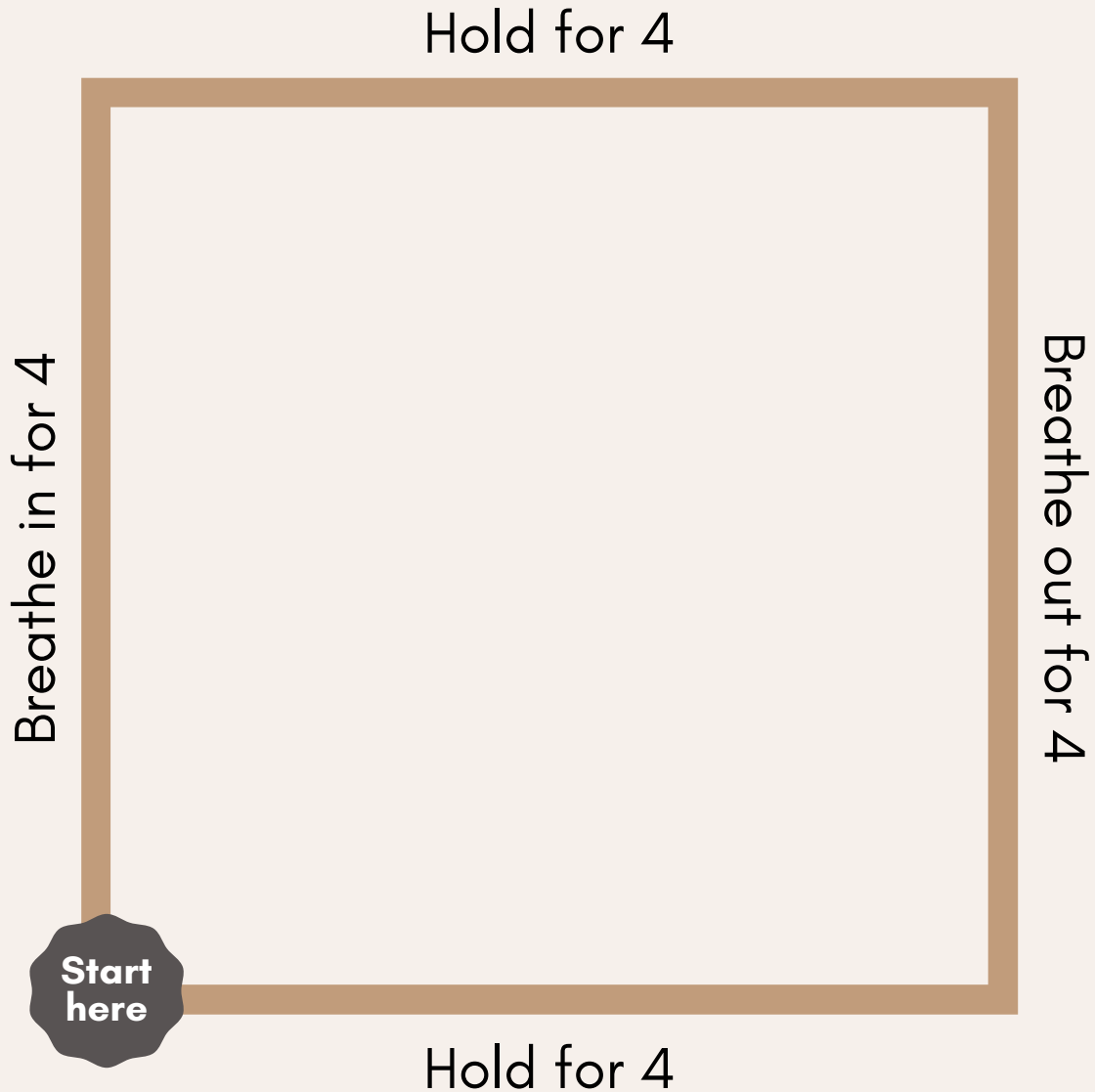
brain break



Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.

SQUARE BREATHING

brain break



Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

5-4-3-2-1

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5



5 things you
can see

4



4 things you
can touch

3



3 things you
can hear

2



2 things you
can smell

1



1 thing you
can taste

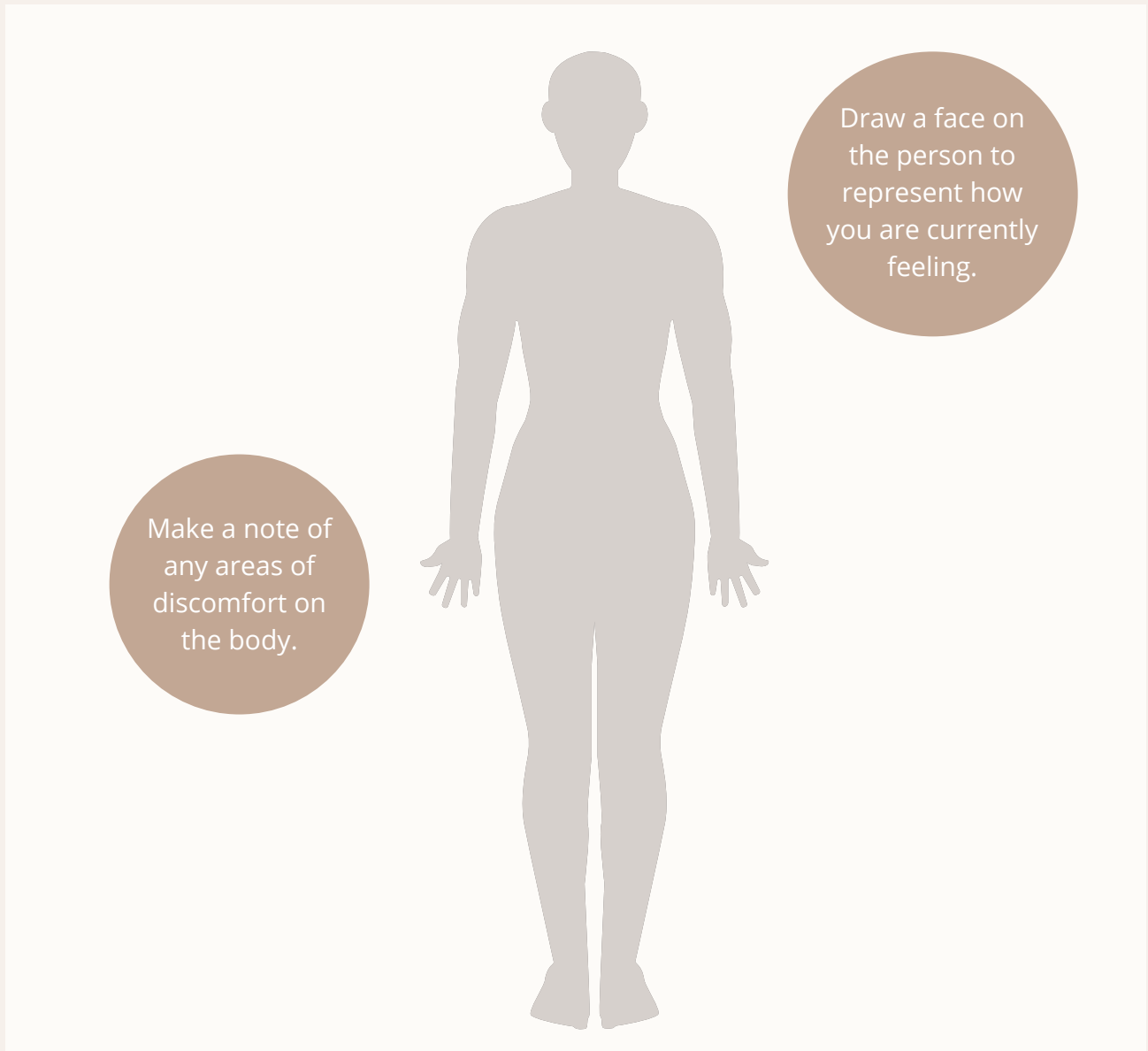
BODY SCAN

Close your eyes.

Take a deep breath in through your nose, and out through your mouth.

Starting with the top of your head, become aware of how your body feels.

Slowly move down your body, noticing how each body part feels, down to your toes.



HOW TO DEAL WITH BEING OVERWHELMED

Emotional overwhelm entails more than being stressed. By definition being emotionally overwhelmed means to be completely submerged by your thoughts and emotions about all of life's current problems, to the point where you lack productivity and feel frozen or paralyzed.

PRACTICE MINDFULNESS

Take a few deep breaths. Notice your behavior and feeling without judgment or reaction.

LABEL AFFECT

This is a "neuroscience" way of saying: Name what you're feeling. "I am feeling (nervous/anxious/stressed/overwhelmed)."

REFRAME YOUR THOUGHTS

Change your mindset to see your current situation from a different perspective. View your stressful situation as a challenge you have prepared to overcome.

SHIFT TO EXCITEMENT

From a biological perspective, feeling anxious is much the same as feeling excited: rapid breathing, wide eyes, sweaty palms, fast heart rate.

NEGATIVE



POSITIVE

My negative thought:

Evidence for my thought:

Evidence against my thought:

How can I reframe my negative thought to a more realistic one?

EXPLORING EMOTIONS

Can you recognize your emotions?

How do you feel when it is your birthday?

How do you feel when you fail a test?

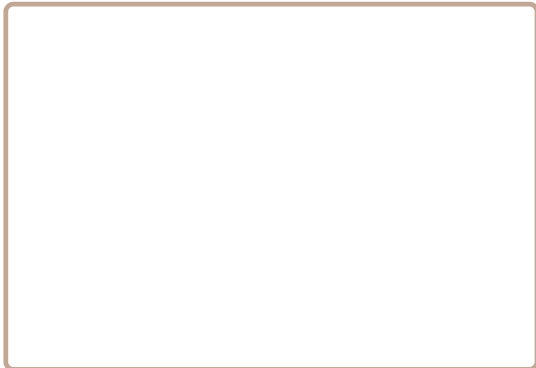
How do you feel when it rains?

How do you feel when someone hugs you?

How do you feel when you have a nightmare?

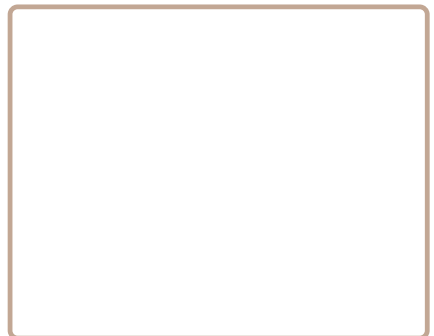
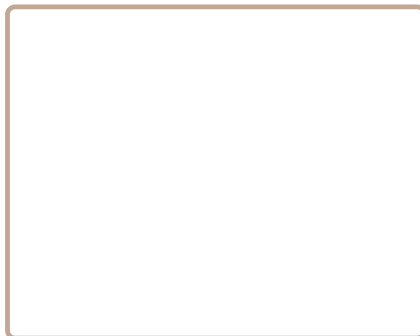
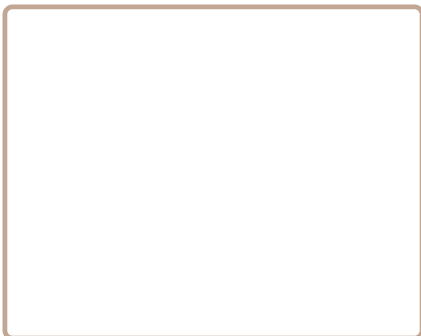
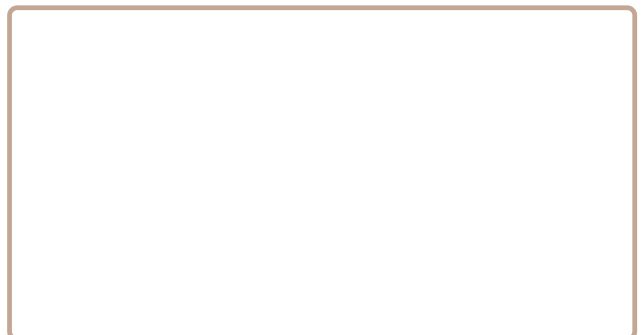
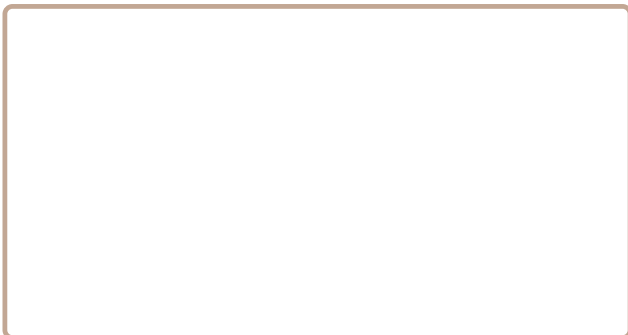
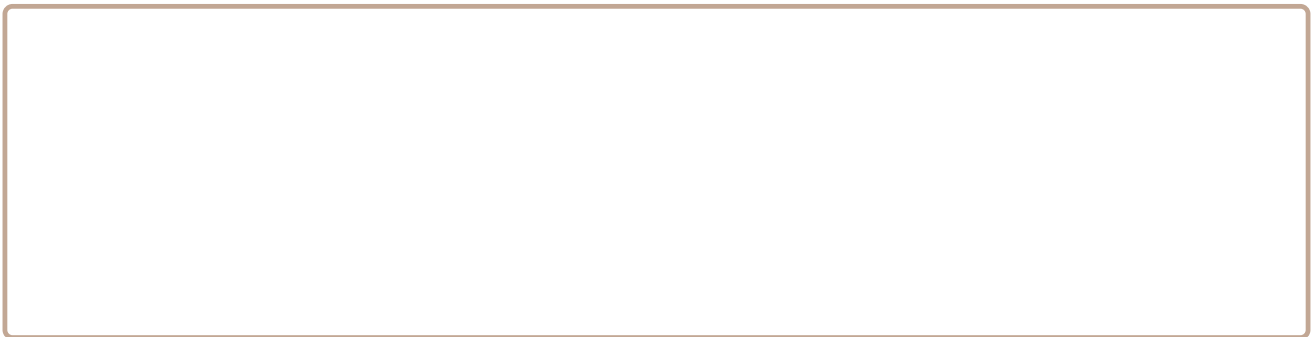
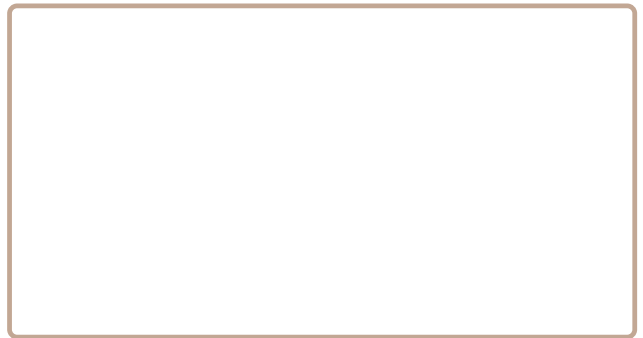
Can you express and explain your emotions?

Think how you feel at this moment and draw it. Then explain why you feel this way.



RESILIENCE STRATEGIES

Write strategies that you have used in the past, or could use in the future to help you successfully overcome a challenge.



THOUGHT RECORD

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

EVENT

What happened?

FEELINGS

How did it make me feel?

THOUGHTS

What was I telling myself when the event was happening?

BEHAVIOUR

What was my response to the situation?

SUPPORTIVE EVIDENCE

Why is my thought true?

NON-SUPPORTIVE EVIDENCE

Why might my thought not be true?

WHEN I FEEL WORRIED

Things that make me feel worried are:

This is how my face looks:

My body responds by:

The opposite of feeling worried is:

My face when I feel this way:



Things I can do to help myself feel more secure:

THOUGHT CLOUDS

In the clouds, write words to describe your thoughts and feelings.



SELF AWARENESS

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND.
FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	

SELF ASSESSMENT

How do I feel at this moment?

What am I putting off?

Overall well-being

1

2

3

4

5

6

7

8

9

10

I get enough sleep

1

2

3

4

5

I spend time to recharge

1

2

3

4

5

I have a healthy eating habit

1

2

3

4

5

I keep my space clean

1

2

3

4

5

I exercise my body regularly

1

2

3

4

5

I take care of my hygiene

1

2

3

4

5

MINDFULNESS GOALS

Today's affirmation:

What is the purpose behind my Mindfulness goals?

What motivates me to achieve them?

How can I achieve them?

Habits to Start:

- 1.
- 2.
- 3.
- 4.
- 5.

Habits to Stop:

- 1.
- 2.
- 3.
- 4.
- 5.

MINDFULNESS JOURNEY

Month: _____

Year: _____

ACTIVITIES I DID TO BE MORE MINDFUL

AFFIRMATION

-
-
-
-

TODAY'S MOOD



I'M GRATEFUL FOR

INSPIRATION:

.....

.....

MINDFULNESS JOURNEY

Month: _____

Year: _____

MY TOP PRIORITIES

GOALS FOR MY MIND:

- _____
- _____
- _____
- _____

GOALS FOR MY BODY:

- _____
- _____
- _____
- _____

REMINDER

MY NOTE

MENTAL NEEDS

Affirmation

Project Task

Therapy

Boundaries

- Saying no when you'd rather not do something
- Not volunteering for extra work
- Communicating needs directly to others

Cognitive Abilities

- Learning something new
- Playing brain games to improve concentration
- Reading

Take a Break

MINDFULNESS REMINDER

Month: _____

Year: _____

WHAT KEEPS ME GROUNDED?

Handwriting practice area for the question "WHAT KEEPS ME GROUNDED?". It features a large rectangular frame with a solid brown border. Inside the frame, there are five horizontal dotted lines for writing.

WHEN AM I AT MY BEST?

Handwriting practice area for the question "WHEN AM I AT MY BEST?". It features a large rectangular frame with a solid brown border. Inside the frame, there are five horizontal dotted lines for writing.

MINDFULNESS TO DO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

notes

for later

.....

.....

.....

.....

.....

.....

MINDFUL MONDAY

What does it mean to be mindful?

How can you practice being mindful every day?

DAILY PLANNER

<p>My Mindfulness Act</p>	<p>Date:</p>
<p>Personal Reminder</p>	<p>Today's Focus</p>
	<p>List of Priorities</p>
	<p><input type="checkbox"/></p>
	<p><input type="checkbox"/></p>
	<p><input type="checkbox"/></p>
	<p><input type="checkbox"/></p>
	<p><input type="checkbox"/></p>

MINDFULNESS PLANNER

My Mind Goals

-
-
-
-
-
-

Daily Affirmation

My Body Goals

My Note

MINDFULNESS TRACKER

Morning	s	m	t	w	t	f	s

Evening	s	m	t	w	t	f	s

Habits To Keep

-
-
-
-
-

Habits To Eliminate

-
-
-
-
-

WEEKLY MINDFULNESS PLAN

WEEK OF: _____

Monday

Priorities:

Tuesday

Wednesday

To do:

Thursday

Friday

Notes:

Saturday

Sunday

THIS WEEK'S REFLECTION

NOTE: The questions are deliberately vague - so, write down whatever pops into your mind.

1. Tolerances *(What are you putting up with at the moment?)*

.....

2. Shoulds *(What do you think you should be doing right now?)*

.....

3. Frustrations *(What things are frustrating you?)*

.....

4. Desires *(What do you really want right now?)*

.....

5. Feelings *(How do you currently feel and want to feel?)*

.....

Review your answers above, then imagine and write down what you will do to address each learning within the next week:

1st Key Observation

Action 1

2nd Key Observation

Action 2

WEEKLY REVIEW

What have I achieved this week?



What have I learned this week?

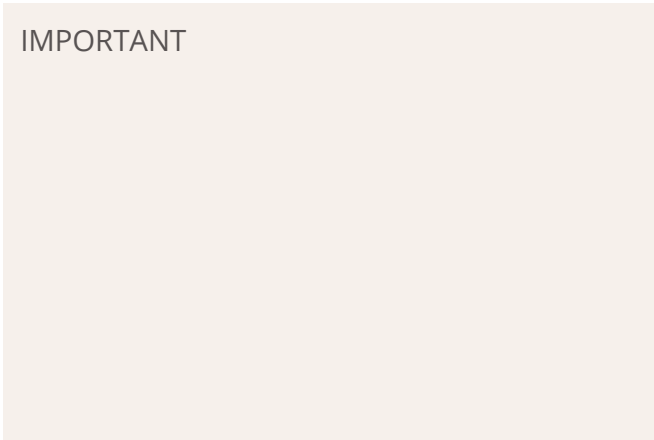


What could I do differently next week?



MONTHLY MINDFULNESS PLAN

IMPORTANT



PRIORITIES

- _____
- _____
- _____
- _____
- _____
- _____

S	M	T	W	T	F	S



The best way to capture moments is to pay attention. This is how we cultivate mindfulness.

- JON KABAT-ZINN

A woman with short blonde hair, wearing a patterned blouse and light blue jeans, stands in a desert landscape. She is holding a large, round, light-colored drum. The background shows a clear blue sky and a rocky, hilly terrain with sparse vegetation. A semi-transparent orange overlay covers the middle of the image, containing text and a quote symbol.

“

Meditation practice isn't about trying to throw ourselves away and become something better. It's about befriending who we are already.

—
Pema Chödrön

JOURNALING PROMPTS

What makes you feel powerful?

What makes you feel in control?

What makes you feel at peace?

JOURNALING PROMPTS

How do you physically feel at this moment?

Write down all of your goals for the next year, big or small.

Write down all aspects of the perfect "you day".



Thank You!

Life is a practice. Do it daily!

TC xx

Follow me on socials
@tcchicago



www.tcchicago.com