

21 Day Mindfulness Challenge

Congratulations on beginning your practice of mindfulness. As you retrain your brain to focus on the present for the next 21 days, take a few moments each day to note times you felt successful and times you felt challenged in your mindfulness practice. Also note any general reflections you have about your journey with mindfulness. Reference the Mindfulness Steps & Principles sheet along the way.

Day	Successes/Challenges	Reflections
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