

NAME

DATE



# daily delights



Here is your daily mindfulness practice where you answers 5 questions every single morning. This practice helps give you more perspective on your mental state and also being able to focus in a state that you want to be in (that is in your control). **In the space provided below, answer all 5 questions and remember to be completely honest with yourself. No judgements allowed, just let your thoughts flow...**

- \* Your daily affirmation (*This is a statement that you want to believe in more. For example, 'I am calm and I am in control.'*)

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- \* (*fill in the blank*) (*This is where you actively choose to shift away from a place you feel you need to remove from your life. For example, 'Today I will focus on shifting my pattern of constant self doubt and negative self talk.'*  
*Today I will focus on shifting my pattern of...*)

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- \* (*fill in the blank*)  
I am grateful for...

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- \* Three traits my future self will have are:

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- \* (*fill in the blank*)  
The person I am becoming will experience more...

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