



*Mindful
as*

FUCK





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The background features soft, textured watercolor washes in shades of peach and light brown. A prominent teal brushstroke is located at the bottom, and a gold glitter brushstroke is on the left. Scattered gold glitter particles are visible in the top left and bottom right corners. A faint, stylized gold 'W' or wave-like shape is in the top right.

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INDEX

JOURNAL

Date picker

Vision board

monthly reflections

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

PRODUCTIVITY

Habit tracker A

Habit tracker B

Project planner +
Action steps

Meal planner

Shopping list

FINANCE

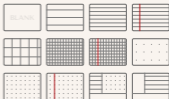
Budget planner

Expense tracker

Debt payoff

Sinking funds

NOTES



WELLNESS

Wheel of life

Mood tracker

Self care planner

CUSTOM

I.

IV.

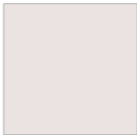
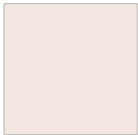
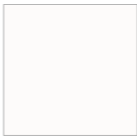
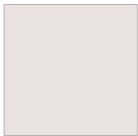
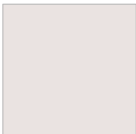
II.

V.

III.

VI.

Vision board



DATE PICKER

January

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15	16	17	18	19	20	21
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February

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mindfulness
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water intake
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TO SUMMON THE BADASS IN ME**

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THINGS I'LL DO TO SLAY THE DAY



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water intake



Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

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_____	_____
_____	_____

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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water intake
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**DAILY AFFIRMATION
TO SUMMON THE BADASS IN ME**

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THINGS I'LL DO TO SLAY THE DAY



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TOMORROW I AM LOOKING FORWARD TO...

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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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water intake
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**DAILY AFFIRMATION
TO SUMMON THE BADASS IN ME**

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TODAY I'M FUCKING GRATEFUL FOR...

THINGS I'LL DO TO SLAY THE DAY



SHIT I DID FOR MYSELF TODAY

TOMORROW I AM LOOKING FORWARD TO...

shit to do

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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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water intake
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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

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SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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daily check in

sleep

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health

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happiness

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mindfulness

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water intake

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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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TO SUMMON THE BADASS IN ME**

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water intake

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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month





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**DAILY AFFIRMATION
TO SUMMON THE BADASS IN ME**

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TODAY I'M FUCKING GRATEFUL FOR...

THINGS I'LL DO TO SLAY THE DAY



SHIT I DID FOR MYSELF TODAY

TOMORROW I AM LOOKING FORWARD TO...

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Monthly reflection

DID I KICK ASS THIS MONTH? HOW / WHY NOT?

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OTHER BADASSES THAT INSPIRED ME

SOME GREAT SHIT THAT HAPPENED THIS MONTH

WHAT DID I LEARN?

ranking the month



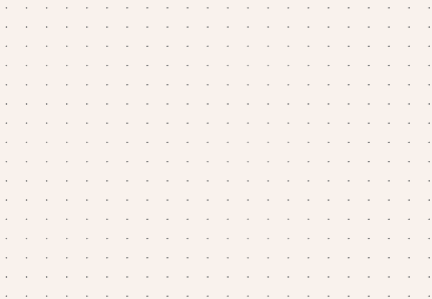
FINANCE

Budget planner

Expense tracker

Debt payoff

Sinking funds

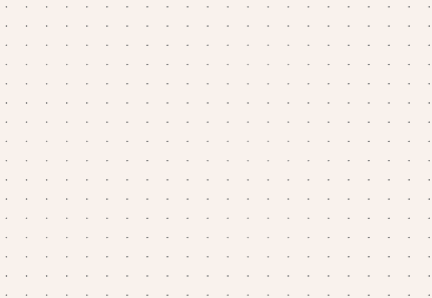


WELLNESS

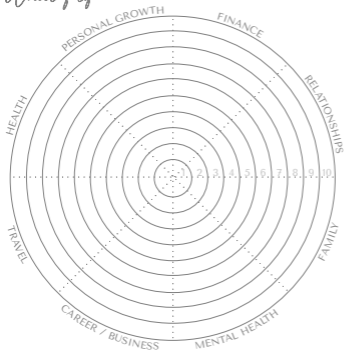
Wheel of life

Mood tracker

Self care planner



Wheel of life

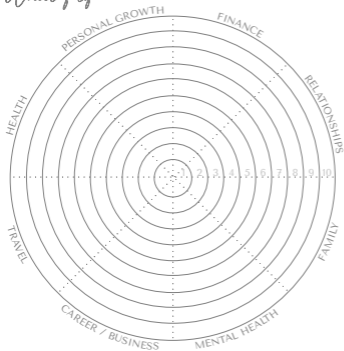


- Health
- Personal growth
- Finance
- Relationships
- Travel
- Career / Business
- Mental health
- Family

Nest steps...

<p>HEALTH priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>	<p>PERSONAL GROWTH priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>	<p>FINANCE priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>	<p>RELATIONSHIPS priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>
<p>TRAVEL priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>	<p>CAREER / BUSINESS priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>	<p>MENTAL HEALTH priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>	<p>FAMILY priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>

Wheel of life



- Health
- Personal growth
- Finance
- Relationships
- Travel
- Career / Business
- Mental health
- Family

Nest steps...

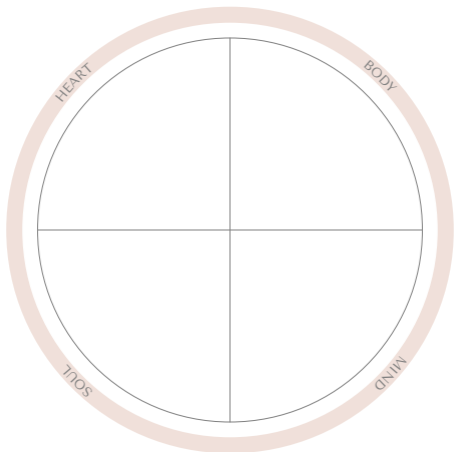
<p>HEALTH priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>	<p>PERSONAL GROWTH priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>	<p>FINANCE priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>	<p>RELATIONSHIPS priority</p> <p>..... ●</p> <p>..... ●</p> <p>..... ●</p>
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Mood Tracker

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- happy
- sad
- productive
- content
- angry
- anxious
- nervous
- sick
- excited
- tired
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Self care planner



PRODUCTIVITY

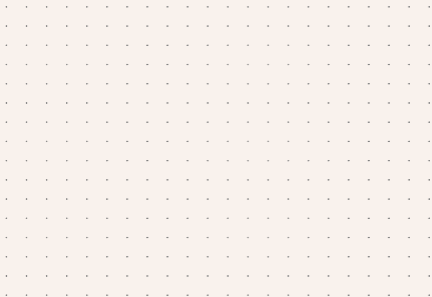
Habit tracker A

Habit tracker B

Project planner +
Action steps

Meal planner

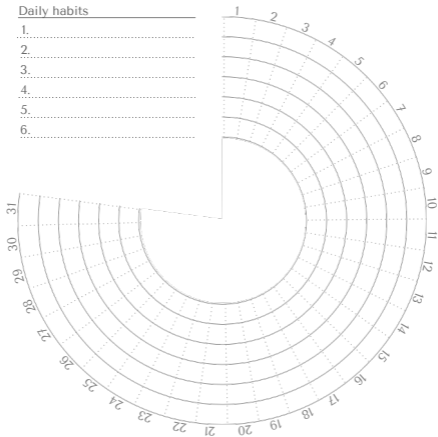
Shopping list



Habit tracker B

Daily habits

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Habit

Days achieved

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| 2. | <input type="text"/> |
| 3. | <input type="text"/> |

Habit

Days achieved

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| 4. | <input type="text"/> |
| 5. | <input type="text"/> |
| 6. | <input type="text"/> |

Meal planner

week:

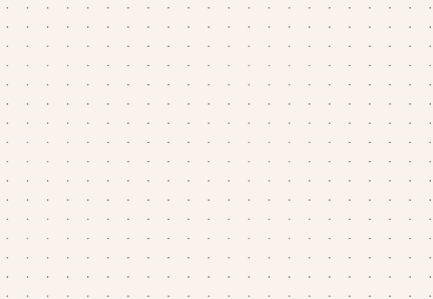
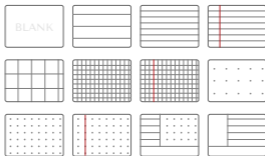
	Breakfast	Lunch	Dinner	Snacks
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Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Meal planner

week:

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
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Friday				
Saturday				

NOTES



JAN

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A series of 20 horizontal gray lines spaced evenly down the page, providing a template for writing or drawing.

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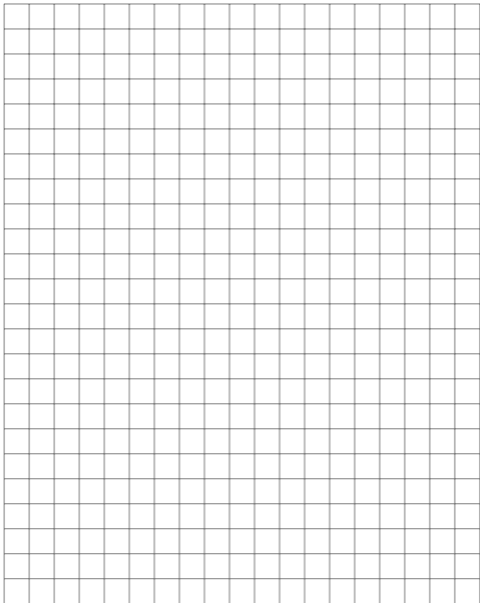
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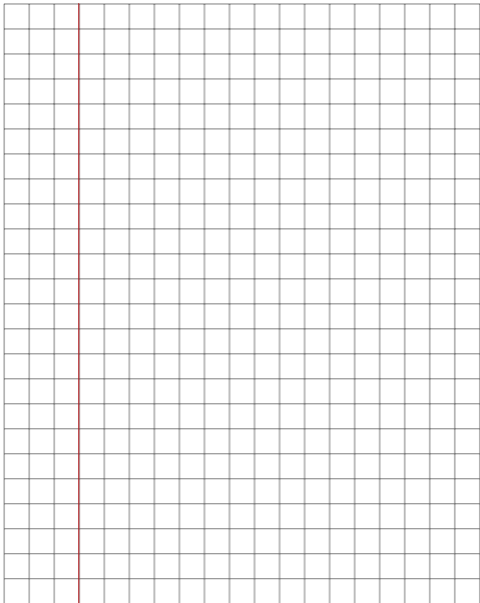
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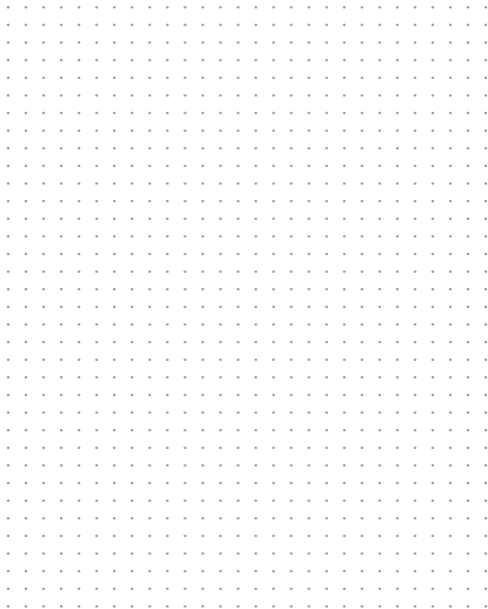
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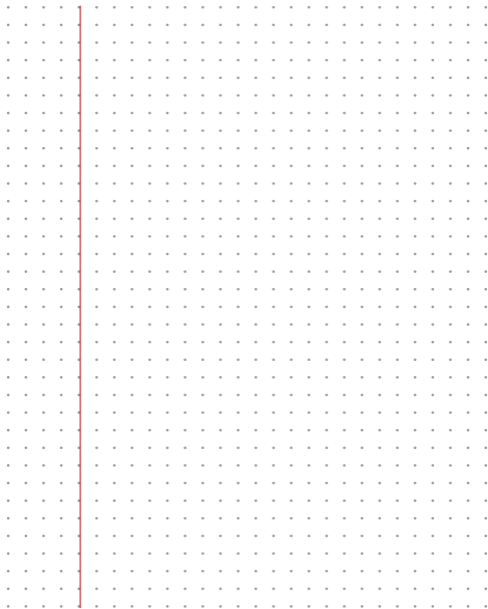
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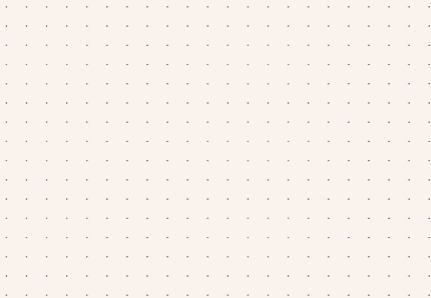
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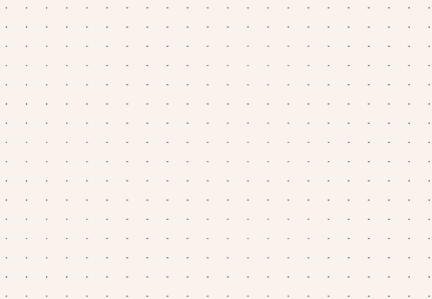
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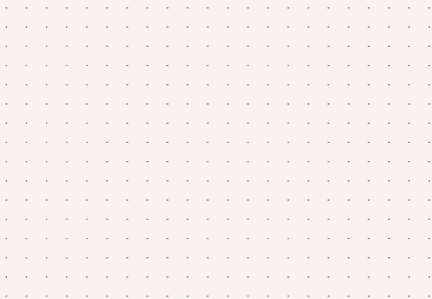
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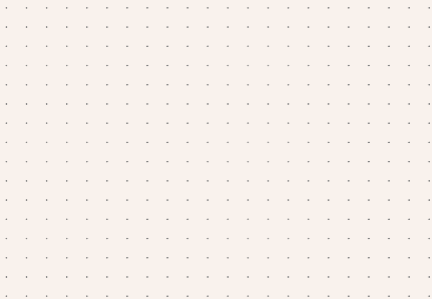
IV.



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VI.



Reads

Mindfulness, what's that all about?

Get To Know Your Awesome Brain

Mindful Breathing & Meditation: Taking a Timeout for Your Mind

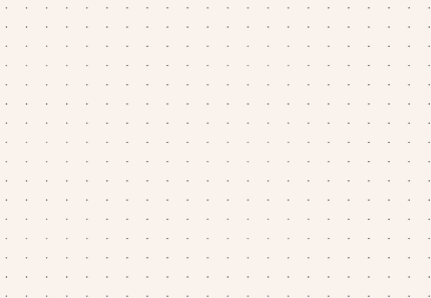
Mindful Eating & Sleep: Fueling Your Mind & Body

Overcoming Negative Thoughts: Beating Your Inner Critic

Putting Your Body in the Moment

Mindful Relationships: Connecting on a Deeper Level

Conclusion: Keepin' It Real with Mindfulness



Mindfulness, what's that all about?

Alright, let's talk about mindfulness. You may have heard people throwing around this word left and right, but what the heck does it actually mean? In the simplest of terms, mindfulness is about being present in the moment, instead of dwelling in the past or worrying about the future. It's about paying attention to your thoughts and emotions, without judgment.



Now, let's dive into the benefits of practicing mindfulness. People who meditate regularly (one way to practice mindfulness) report feeling less stressed, more focused, and happier overall. Can you imagine feeling less stressed in our crazy world? Sign us up! Mindfulness can also help you cultivate a greater appreciation for life's little joys and improve your relationships. Who doesn't want to feel more connected with those around them?

So, why not give mindfulness a shot? Who knows, you might even discover that you have a hidden talent for it. Give it a try and see for yourself, it's like a mini vacation for your mind.

Get To Know Your Awesome Brain

Let's discover the wonderful and sometimes fucked-up world of the mind. First up, we have the anatomy of the mind. Think of your mind like a big city, with different parts serving different purposes. For example, you have the emotional center, where all those pesky feelings are processed, and the logical center, where all the decisions are made.



Thoughts are like visitors in your mind city. Some are welcome, some are not, but they all show up uninvited at some point. The key is not to get too caught up in them. Instead, observe them objectively, like clouds passing in the sky. This way, you won't get caught in the thought shit show and end up driving yourself crazy.

Here's the thing, thoughts aren't always accurate or true, they're just visitors passing through. Don't believe everything you think! Sometimes, thoughts can be like wild teenagers, running around causing chaos. The goal is to learn how to tame these fuckers and not let them control you.

In a nutshell, understanding the mind is all about learning to be aware of your thoughts, emotions, and reactions. It's like getting to know yourself on a deeper level, and who doesn't want to be their own best friend?

Mindful Breathing & Meditation: Taking a Timeout for Your Mind

Here we are, discussing the fancy concepts of mindful breathing and meditation. You may be thinking, "great, just what I wanted, to sit still and do nothing." But hold on a second, it's not as boring as it sounds, promise!

Mindful breathing is like a caffeine break for your mind. You take a few deep breaths, close your eyes, and focus on your breath. Breathe in calmness, breathe out bullshit. It's that simple! And, believe it or not, it can actually make a big difference in reducing stress and increasing focus.

As for meditation, it's just like taking a timeout for your mind. Instead of scrolling through your phone or staring at the TV, you sit still and focus on your breath. Again, it's simple but not always easy. Your mind might start racing and that's okay, just gently bring your focus back to your breath. With practice, it will get easier.

Think of it as a mental spa day for your mind. It's a chance to hit the reset button and come back refreshed. Plus, it's a great excuse to just sit still and do nothing for a bit. We all need that once in a while. Remember, if you think you suck at meditating... Thoughts are just thoughts, they're not always true.

Mindful Eating & Sleep: Fueling Your Mind & Body

We're getting into the nitty-gritty now, talking about food and sleep. And who doesn't love those two things? It's like discussing a perfect day.

Mindful eating is all about being present while you eat and savoring each bite. No more wolfing down lunch at your desk or mindlessly snacking in front of the TV. Instead, take your time, chew slowly, and really taste your food. It's a great way to be present and grateful for each meal.

And don't worry, this doesn't mean you have to give up your favorite comfort foods. Just eat them mindfully and enjoy every bite. Life is too short to not enjoy a big, juicy burger once in a while.

Ahhh, sleep. It's like a gift to your mind and body. When you get enough quality sleep, you're more focused, energized, and ready to tackle the day. But, let's be real, sometimes getting a good night's sleep can feel impossible. So, here's a little tip: try winding down before bed, reading a book, or doing some gentle stretching. And most importantly, avoid screens before bedtime. Your mind and body will thank you in the morning.



Overcoming Negative Thoughts: Beating Your Inner Critic

Ah, the dreaded negative thoughts. We all have that inner voice that tells us we're not good enough or that we can't do something. But, here's a secret: that inner voice is full of hot air!

Negative thoughts can be a real buzzkill, but the good news is that we can train our minds to handle them better. First, acknowledge the thought and then ask yourself if it's helpful or not. If it's not, then let that shit go.



Another way to overcome negative thoughts is to reframe them. Instead of thinking, "I can't do this," try thinking, "I'm learning and growing with each attempt." See the difference? It's all about changing your perspective.

And last but not least, surround yourself with positive people and situations. Negativity is contagious, so surround yourself with positivity and watch your thoughts change for the better.

Don't let your inner critic fuck with your peace. Take control of your thoughts and reframe them into something positive. And remember, you're doing better than you think!

Putting Your Body in the Moment

You may be thinking, "wait a damn minute, I thought mindfulness was all about sitting still and being quiet." But don't worry, no one's asking you to become a yoga master overnight. Mindful movement is just about being present in your body and connecting with your physical sensations.

Think of it as a way to inject some mindfulness into your day-to-day routine. It can be as simple as taking a walk and paying attention to your footsteps, or doing some stretching and feeling your muscles. It's all about being in the moment and not getting caught up in whirlwind of your thoughts or worries.

Movement is a great way to combine mindfulness with physical activity and get a double dose of benefits. And who knows, you might even discover a newfound appreciation for your body. After all, it does carry you around all day, every day. Show it some fucking love!



Mindful Relationships: Connecting on a Deeper Level

Relationships can make or break us, and it's crucial to have strong connections with the people in our lives. And, as it turns out, mindfulness can play a big role in building and maintaining strong relationships.

By practicing mindfulness, we become more present and aware in our interactions with others. We're better able to listen, understand, and connect on a deeper level. This leads to healthier and more fulfilling relationships.

But, it's not just about building relationships, it's also about maintaining them. Mindfulness can help us manage conflicts and communicate more effectively. Instead of reacting impulsively, we can take a step back, take a deep breath, and approach the situation with compassion and understanding.

Here's an example: Imagine you're stuck in traffic on the way to an important meeting. You're already running late, and you can feel your stress levels rising. Your thoughts start to race, and you're getting more and more frustrated with each passing moment.

But, instead of letting your thoughts take over and spiral out of control, you take a deep breath and practice mindfulness. You focus on the present moment, the sensation of breathing, and the sounds and sights around you. You notice the warmth of the sun on your skin and the sound of the car engine.

By focusing on the present moment, you're able to let go of your stress and frustration. You arrive at the meeting feeling calm and centered, ready to tackle the task at hand. And, who knows, the extra mindfulness might even lead to a better outcome at the meeting.

Conclusion: Keepin' It Real with Mindfulness

Life can be chaotic and stressful, and sometimes it's easy to fall off the mindfulness wagon. But, that's why it's so important to find ways to keep your mindfulness practice going strong.

Here are some tips to help you sustain your mindfulness practice:

- 1. Make it a habit:** Incorporate mindfulness into your daily routine, like starting your day with a mindfulness meditation.
- 2. Find a mindfulness buddy:** Practice mindfulness with a friend or loved one to keep each other accountable.
- 3. Make it fun:** Add some humor to your mindfulness practice and make it an enjoyable experience (and don't take it too seriously, just like this journal).

In conclusion, mindfulness is a powerful tool that can help you live a more present and fulfilling life. So, keep that mindfulness ball rolling and remember to have fun with it! You got this!

