

# MINDFUL WEEK

EACH DAY THIS WEEK WRITE DOWN AS MANY THINGS THAT YOU NOTICE YOU BECOME MINDFUL OF. THESE CAN BE ANYTHING FROM THOUGHTS, TO NEW SIGHTS OR SMELLS. JUST NOTICE WITHOUT JUDGMENT.



<b>MONDAY</b>	
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<b>TUESDAY</b>	
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<b>WEDNESDAY</b>	
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<b>THURSDAY</b>	
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<b>FRIDAY</b>	
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<b>SATURDAY</b>

<b>SUNDAY</b>