

# JOURNAL PAGE

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What do you want to be different in your life right now?

What is going on in your life right now that isn't working for you and is possibly a problem?

# MINDFUL CHECK-IN ✨ ✨

YOUR HIGHS  
AND LOWS

MONDAY

HIGHS:

LOWS:

TUESDAY

HIGHS:

LOWS:

WEDNESDAY

HIGHS:

LOWS:

THURSDAY

HIGHS:

LOWS:

FRIDAY

HIGHS:

LOWS:

SATURDAY

HIGHS:

LOWS:

SUNDAY

HIGHS:

LOWS:

HIGH:

THIS WEEK  
YOUR  
HIGHEST  
HIGHS &  
LOWEST  
LOWS

Low:

