

# MindfulAmsterdam Journaling Template

Welcome!

Hello! I'm so happy you've chosen to take a moment for yourself today. Journaling is a beautiful way to bring mindfulness into your daily life. Use the prompts below to gently explore your thoughts, feelings, and intentions. Remember, there's no "right" way to do this! Just let your words flow and enjoy the process. 🧡

With love,

Marieke

Founder of MindfulAmsterdam.com

## 1. Gratitude Reflection

What are three things you're grateful for today? Take a moment to reflect and savor the little (or big) things that bring joy to your life.

- 1.
- 2.
- 3.

## 2. Emotional Check-In

How are you feeling right now? What emotions are present, and what might be contributing to them? Write with compassion and curiosity.

## 3. A Mindful Moment

Describe one mindful moment from your day. This could be as simple as enjoying a cup of tea, noticing your breath, or a quiet pause amidst the busyness. What did you notice, feel, or experience?

#### 4. Setting Intentions

What's one small, meaningful intention you'd like to set for tomorrow? How can you approach the day with presence and kindness?

#### 5. Free Writing

This space is for anything that's on your mind or heart. Let your thoughts flow freely, without judgment or editing.

Thank you for allowing me and [MindfulAmsterdam.com](https://MindfulAmsterdam.com) to be a part of your mindfulness journey. If this journaling practice resonates with you, I'd love to hear about it or support you further.

Warm wishes,

Marieke 