



7 EVERYDAY PRACTICES FOR MINDFUL MOMS

*An Introduction To
Mindfulness For
Moms With
Vasantha Vivek*

<http://mysweetnothings.in/>



MY MINDFULNESS PLANNER

monday

A large, empty rounded rectangular box with a green border, intended for writing or drawing on Monday.

tuesday

A large, empty rounded rectangular box with a green border, intended for writing or drawing on Tuesday.

wednesday

A large, empty rounded rectangular box with a green border, intended for writing or drawing on Wednesday.

thursday

A large, empty rounded rectangular box with a green border, intended for writing or drawing on Thursday.

friday

A large, empty rounded rectangular box with a green border, intended for writing or drawing on Friday.

weekend

A large, empty rounded rectangular box with a green border, intended for writing or drawing on the weekend.



My Reflections

I am mindful for

My feelings about being
mindful

My best time for being
mindful