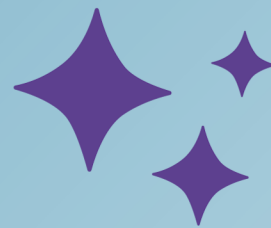




Journal

A daily practice to help you re-member your light.



**You are the only
person who can be
you and do what
you do, the way
you do it.**

Embody all of that



daily wellness



Mon

Tue

Wed

Thu

Fri

Sat

Sun

Morning Meditation

Evening Meditation

Daily Routine

- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---

Today's Intention

Notes



This image shows a single sheet of white paper with horizontal blue lines, similar to standard notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

daily tasks



Schedule

Healthy Meals

● Breakfast

● Lunch

● Dinner

● Snacks

Water Tracker

1	2	3	4
5	6	7	8

Ideas for outdoor time

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habit tracker



Activity	Mon	Wed	Tue	Thu	Fri	Sat	Sun

Top Things To-Do

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Motivational Quote

“

Affirmation of the Week



doodle



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





Hi!



Mindy Arbuckle

I'm Mindy, a real woman in the heart of the Rocky Mountains who lives a full, abundant and relatively "normal" life. I've got kids and a husband to love and care for. I trek kids around to soccer and volleyball and outings with friends. I teach yoga, have my own organic crystal apothecary that keeps me busy, while also coaching clients. I clean my own house and do my own dishes.

And yet, there is a wonderful freedom and immense joy to my life that I have cultivated for decades. It allows me to handle life's ups and downs and sideways with a wonderful sense of ease and a smile in my heart. I look for the good in all people and all situations. I cultivate sacredness into all I do.

And that's what I want for you to. Use this journal to track your patterns and habits. To find beauty and gratitude for the little things and the big things in your life. Most of all, use this journal to remind you of who you really are and connect with that brilliant light within. You are a magical being. Re-member.

