



SuccessClub
Be better in the next second than you were in the last

MINDFULNESS JOURNAL FOR STUDENTS

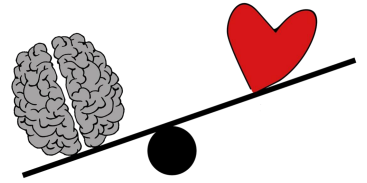
'If every 8 year old child in the world is taught meditation, we will eliminate violence from the world within one generation'

- Dalai Lama



"A journey of a thousand miles begins with a single step" - Lao Tzu

DOING THINGS MINDFULLY



You can do almost anything mindfully.

This journal has some tips to help you on your mindfulness journey. To help you really pay attention to what you're doing and to notice how it makes you feel.

Try doing the exercises daily.

For the breathing exercises try to find somewhere quiet even if its for 5 minutes a day– You wont believe how good you feel afterwards.

Most of all, this journal is about 'thinking about what you're thinking about' while having fun.

Enjoy....



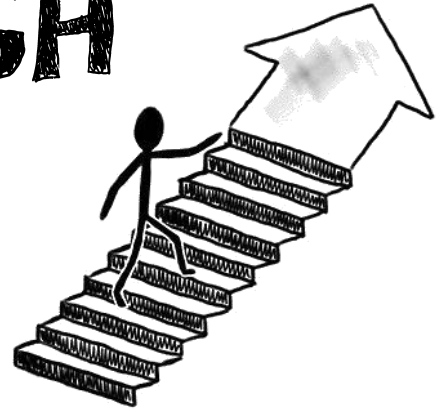
A problem is not a problem if you take the time to think about it...



AIM HIGH

Use this space to document all of your wildest wishes.

There is plenty of space to add any other things you want to achieve.

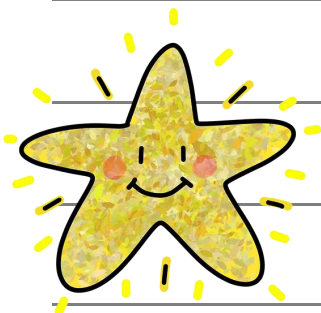


When I grow up I want to live in....

After I finish school I want to...

I would like to go on holiday to...

My dream job is....



LISTENING TO SOUNDS



You might need to get an adult to help you with this one.
Ask your adult to put a timer on for 20 seconds, then close your eyes and listen carefully for any sounds you can hear.



Do this exercise twice a week.
Get your family to do it with you!





A GREAT WEEK



Write down the best thing that happened each day
this week.



Monday:

Tuesday:



Wednesday:

Thursday:

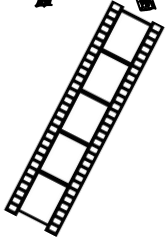
Friday:

Saturday:

Sunday:



MY FAVOURITE FILMS



List all your favourite films below.

There's space to write a little review and give each a score out of ten.



Film:

Reason I love it:

Score: /10

Film:

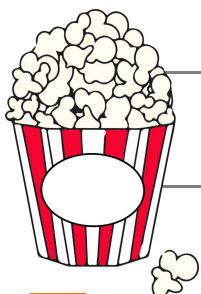
Reason I love it:

Score: /10

Film:

Reason I love it:

Score: /10



POST-ITS



Stick post it notes all around the house reminding yourself to be mindful.

Here are a few thing you can write on them and try to make some up of your own!



What am I
thinking
about?



STOP
and listen to your
breathing



What
colours can
you see?



Say
something
nice to
someone



Listen for any
sounds, clock,
washing
machine etc....

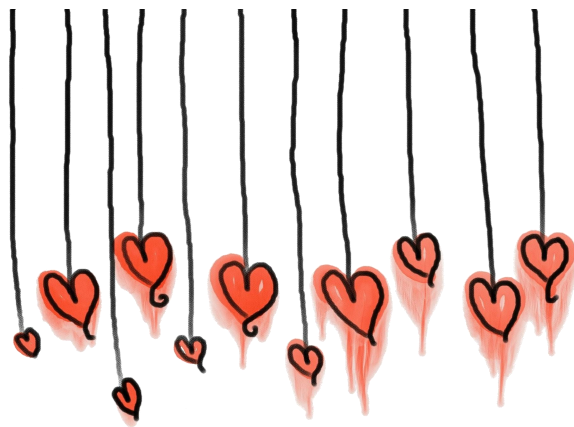


Be Kind to
yourself
and others



I LOVE...

List everything you love in your life on this page.





























Add another page if there's more!



1 MINUTE TIMER



Get someone to put 1 minute on a timer and close your eyes.

When they say “GO” try to count to 60 in your mind and open your eyes as close to the 1 minute timer as possible.

If the timer goes off you lose! – See how close you can get to 1 minute...



I AM...



I AM are two of the most powerful words in the dictionary.

What comes after it creates our mindset.

Fill in the blanks with positive affirmations

1. **I AM...**

2. **I AM...**

3. **I AM...**

4. **I AM...**

5. **I AM...**

6. **I AM...**

7. **I AM...**

8. **I AM...**

9. **I AM...**

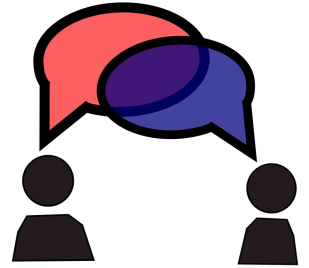
10. **I AM...**

Do this exercise twice a week. Get your family to do it with you!



QUESTION TIME

Find a friend or family member who you want to know more about and ask the following questions. Everything you've ever wanted to know is about to be revealed...



Date: _____ Time: _____ Place: _____

Q. What is your full name?

Q. When and where were you born?

Q. Where did you grow up?

Q. What is your first memory of me?

Q. What is your dream job?



Q. What is your favourite thing to do in your spare time?

Q. If you could change one thing about yourself, what would it be?

Q. Would you rather have a cat or dog?

Q. What's your most treasured memory?

Q. If you could live anywhere in the world, where would it be?

Q. What's your worst fear?

Q. What are you most proud of?



VISION BOARD



Have fun making your very own vision board of all the things you would like– you can collect pictures from magazines, comics, newspapers or print off images from the internet.

Remember this is your opportunity to dream... so dream big!



See if you can get an adult to do the same!

Put your vision board somewhere you can see it and look at it everyday.

You can change or add pictures to your board any time you want to.



GRATITUDE LIST



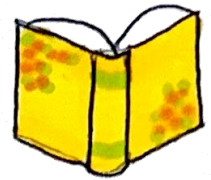
Being grateful for the things we have is really important.

Everyday for the next week write down five things that you're grateful for.

Examples could be: the park that's close to your house, your own bicycle, friend or family or your pet!



Create a journal and write down these words:



I AM SO HAPPY AND GRATEFUL NOW THAT...

1.

2.

3.

4.

5.



Never let the things you want make you forget about the things you have

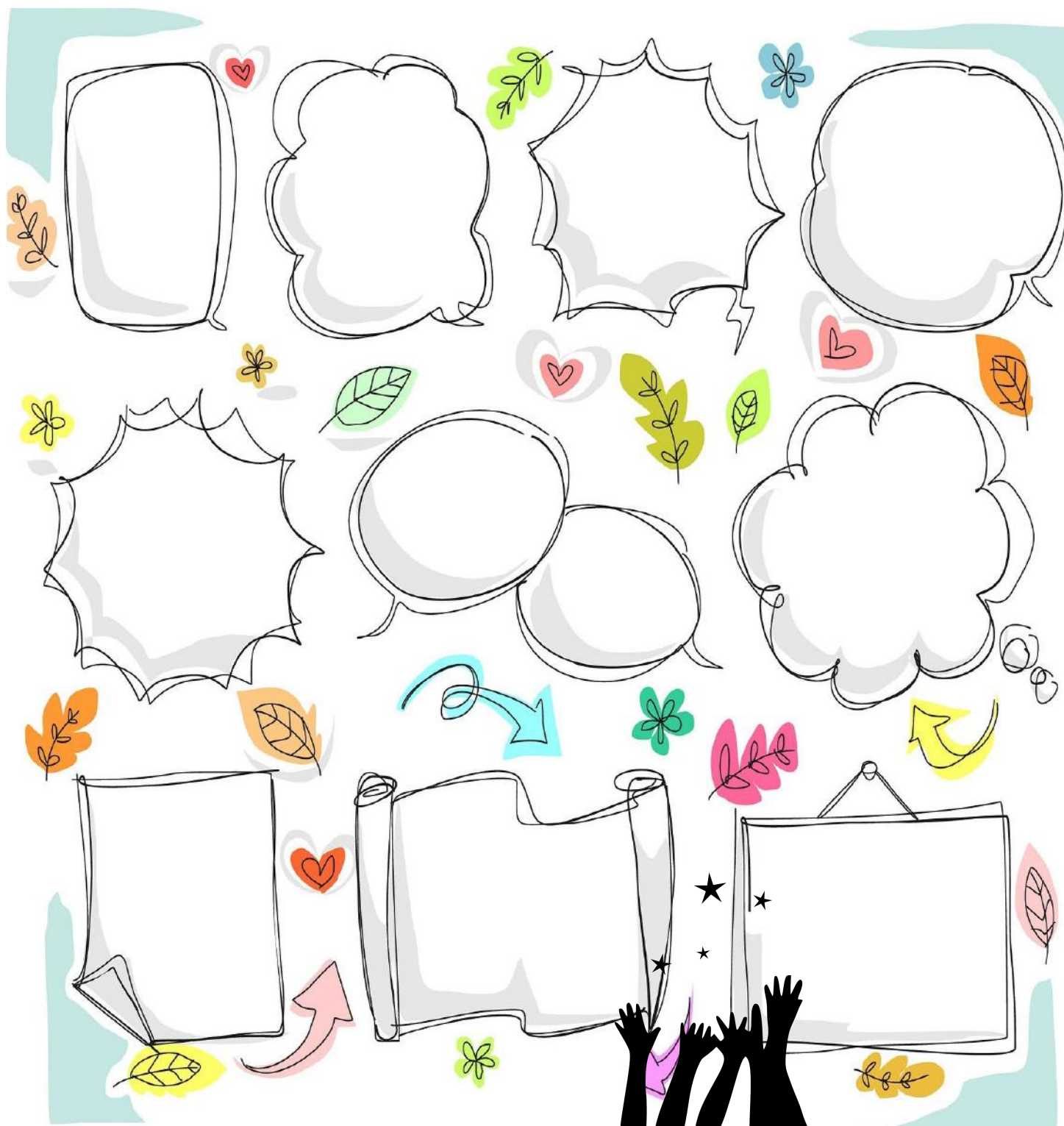


THINGS I'VE DONE



DURING LOCKDOWN

THAT I'M PROUD OF





**FOR MORE MINDFULNESS
IDEAS AND INFO
OR IF YOU WOULD LIKE TO DONATE TO
SUCCESS CLUB VISIT:**

WWW.SUCCESSCLUB.ORG.UK

*'We really hope that you have fun with this journal'
- Tony Dallas*

CEO and Founder- Success Club CIO

