longevity in action

wherever you are…be there

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“How can I bring more mindfulness into my day?”

“What insight did I gain from today’s events?”

**Consider how you would complete these statements:**

“I am mindful when \_\_\_\_\_\_\_\_.”

“I feel most at peace when \_\_\_\_\_\_\_\_\_\_\_.”

**Journal Entry**

*“There are only two ways to live your life. One is as though nothing is a miracle; the other as though everything is a miracle.”*

– Albert Einstein

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