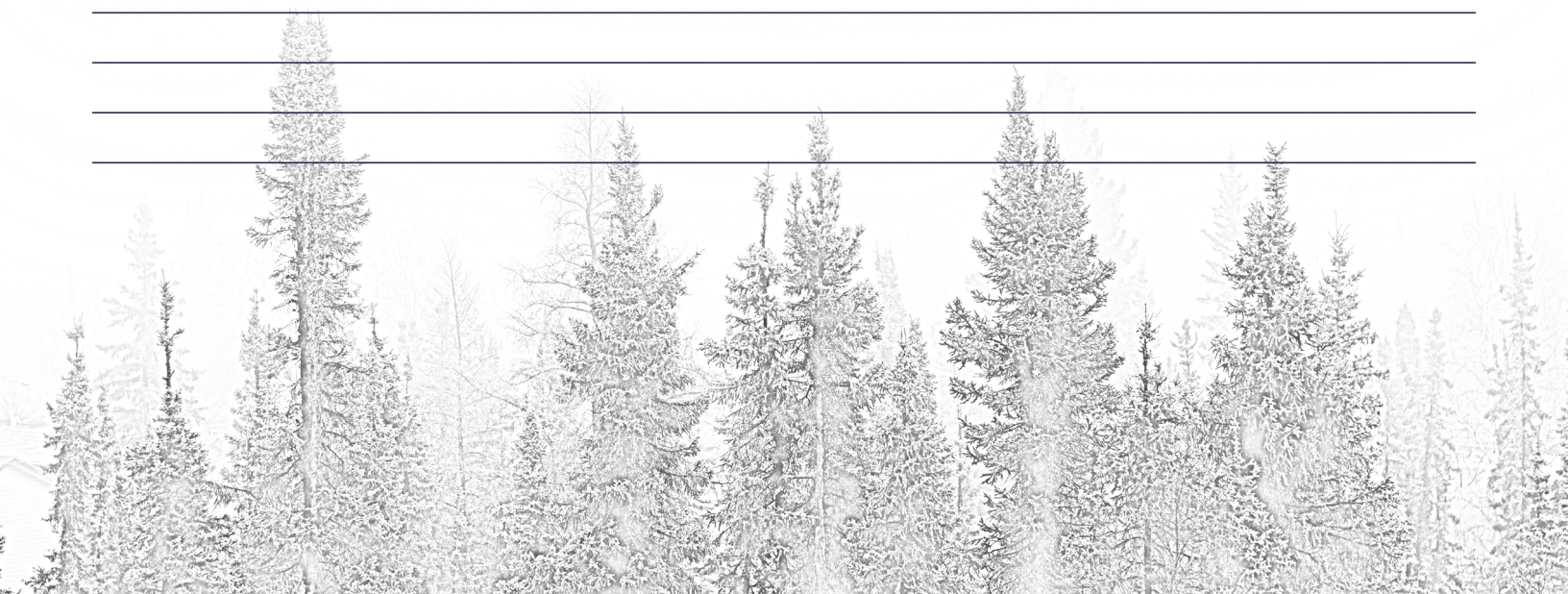


Mindful Mindset 7-day Journal



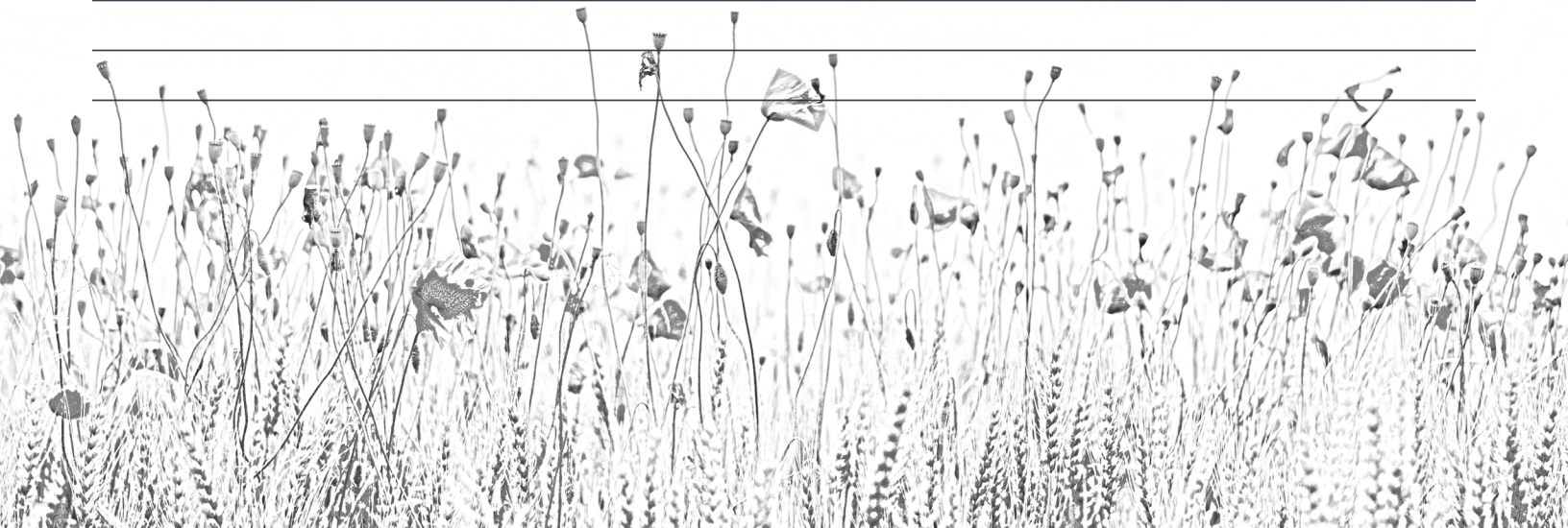
Day 1. Compassion

Think of someone who was very compassionate to you in the past. Write a brief paragraph about the person. Include as much as details possible about their compassionate act. Describe how that kindness matter to you. Make an aspiration in writing to set an intention to pay forward that spirit of compassion to someone else soon.

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. At the very bottom, there is a decorative border consisting of several small, stylized evergreen trees in shades of green and brown, set against a light background. The overall appearance is that of a clean, unused notebook or worksheet.

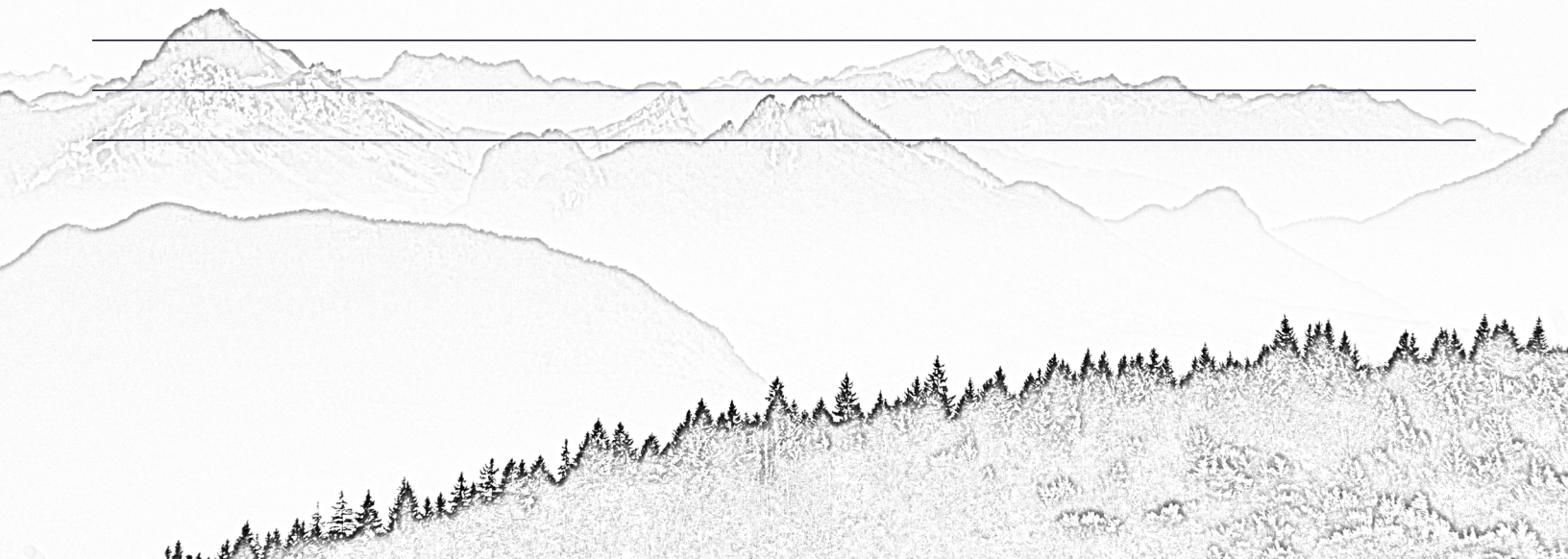
Day 2. Sympathetic Joy

Think of a person who cares about your happiness. Write a brief paragraph about that person. Include as much as details possible about what they did and your experience of joy. Describe what it means to experience this joy. Make an aspiration in writing to set an intention to pay forward by cultivating joy in people around you.

[illegible]

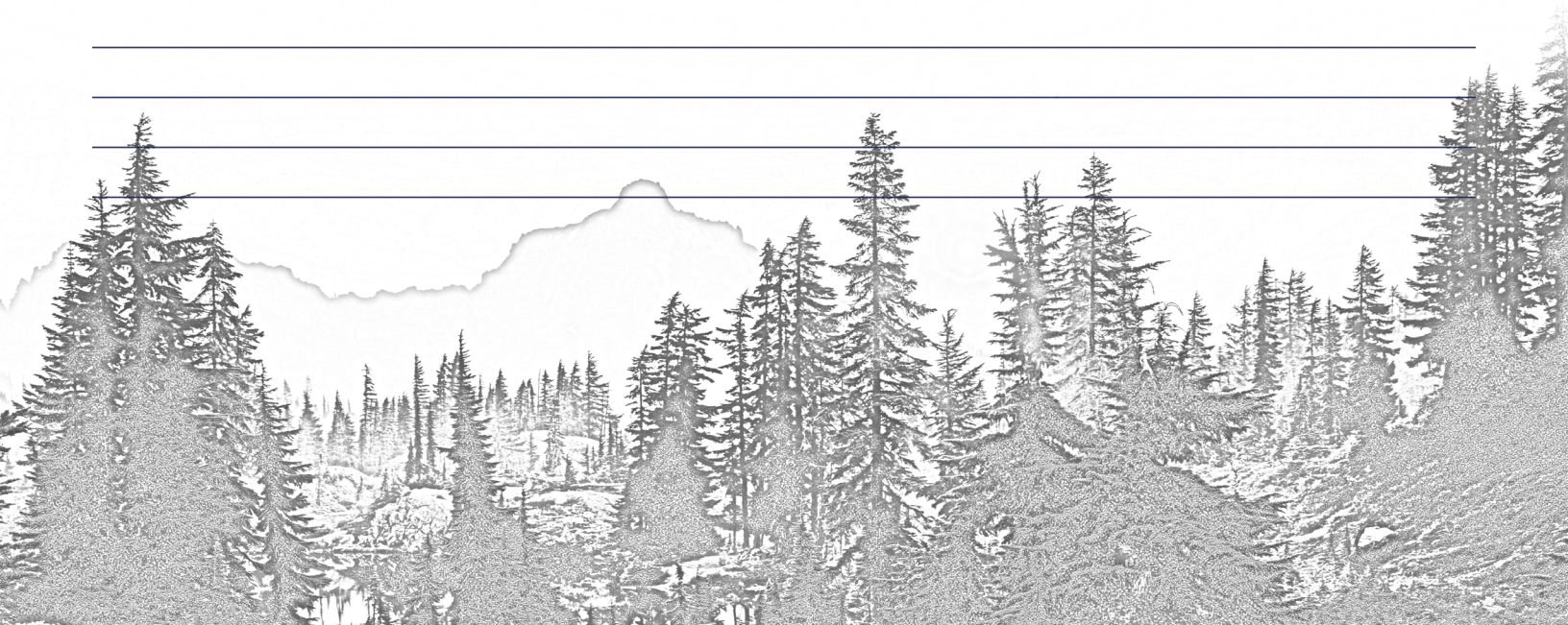
Day 3 Situated Intersectional Awareness

You have many identities. Think of 2-3 identities, and write a brief paragraph about those identities. Now think of someone you know at the workplace or school. Think of 2-3 personal qualities about the person and write a short paragraph. Write 1-2 sentences about the overlap and appreciate of connection between you and your friend.

[illegible]

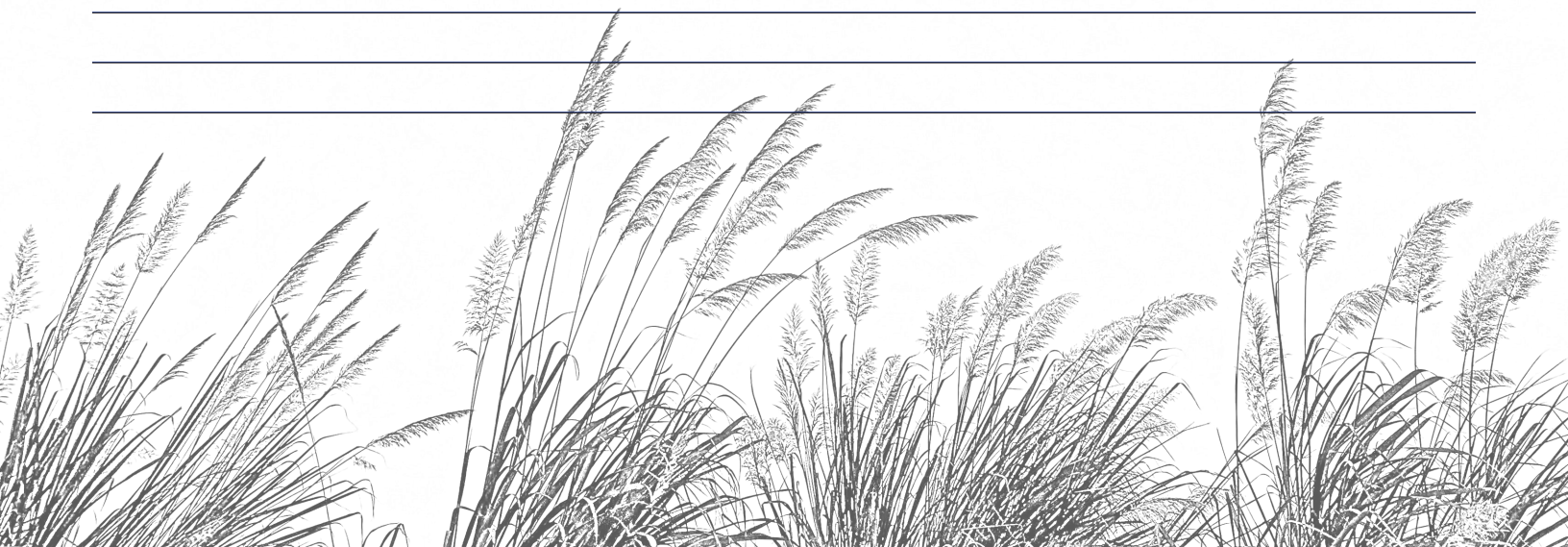
Day 4 Negative Capability

Think of some experience that was unpleasant or uncomfortable (e.g., trying some new food or feeling sick) or made you feel tired. Write a brief paragraph about the feelings and emotions you felt during that time. Pay attention to your sensations and emotions with compassion. Make an aspiration to be kind to your suffering with self-care and compassion.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. At the bottom edge, there are three small, stylized green tree icons: one on the left, one in the center, and one on the right. The rest of the page is empty.

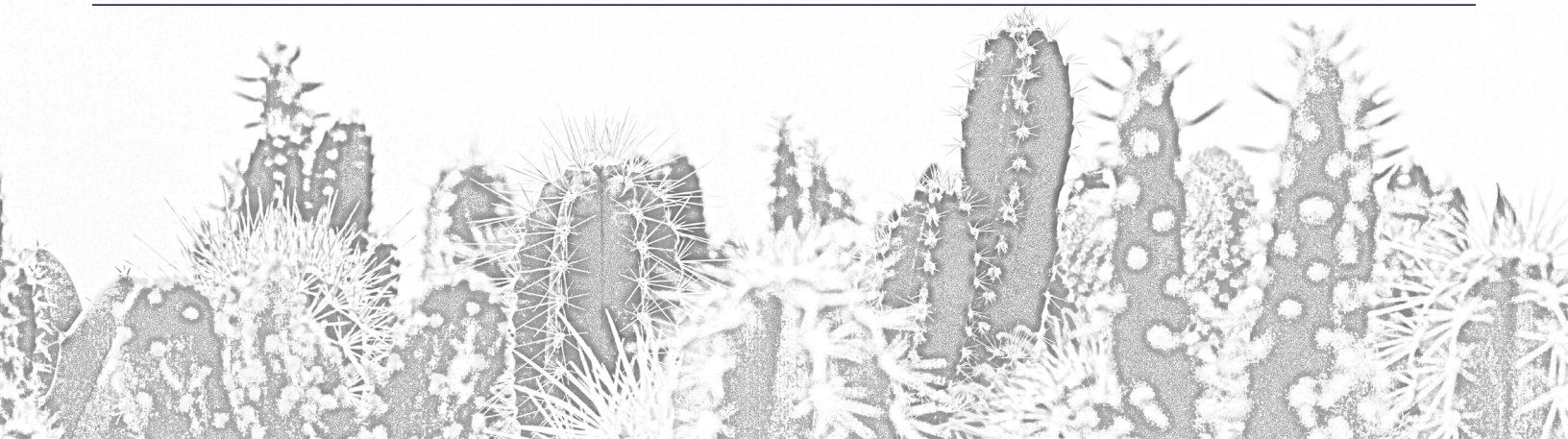
Day 5 Wonder

Pick a very familiar everyday object in your house (e.g., a pen, shirt, or dishtowel). Write a brief paragraph without stopping about your relationship with that object. Write freely without stopping whatever comes to your mind. Now reread what you wrote. Write a brief summary of the new insights you gathered from this experience.

[illegible]

Day 6 Cultural Humility

Think of one of your favorite people in the world. Write a brief paragraph explaining why you liked that person so much. Write a second paragraph describing what qualities of this person inspired you. Make an aspiration to look for various sources of inspiration around you.

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

Day 7 Generosity

Think of one of the most generous persons in your life. Write a brief summary describing various generous acts of this person. Provide as much as details possible, including how it feels or be a recipient of this person's generosity. Make an aspiration in writing to pay forward the generosity you received from this person to someone else.

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom-left corner, there is a small, stylized black-and-white illustration of a mountain peak or rocky terrain. The rest of the page is blank, providing space for writing.