

# Mindful Journal

Utilizing the 5 A's of Mindfulness can help you gain perspective on your thoughts and feelings and see how they can move or shift with different modes of perception. Use this journal sheet to try applying the 5 A's to something weighing on your mind.

When I think about (what is weighing on your mind?)

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I am **aware** that:

I find myself paying **attention** to:

I **accept** that:

I have **affection** for:

I **affirm** that:

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