

30 Day Mindfulness and Values Tracker

Tracking your progress can help you stay focused and motivated, and ensure that your actions are aligned with your goals.

Identifying areas for improvement

Tracking your progress can help you identify areas that need extra attention.

Measuring achievements

Tracking your progress can help you celebrate your accomplishments along the way.

Promoting healthy habits

Tracking your health habits can help you stay on target with goals and promote a healthy lifestyle.

How to use the tracker

Start with Day One. You can use your own journal or print out sheets as needed. Your sheets/journal do not have to be fancy. The work you do is much more important than pretty downloads.

Write down the core value you focused on that day (e.g., Health, Family, Growth).

Mindfulness Practice: Describe the mindfulness exercise you did (e.g., meditation, intuitive walking)

Notes/Reflections: Space to jot down observations, feelings, or any challenges.

Day

Value Focused

Mindfulness Practice

Notes Reflection