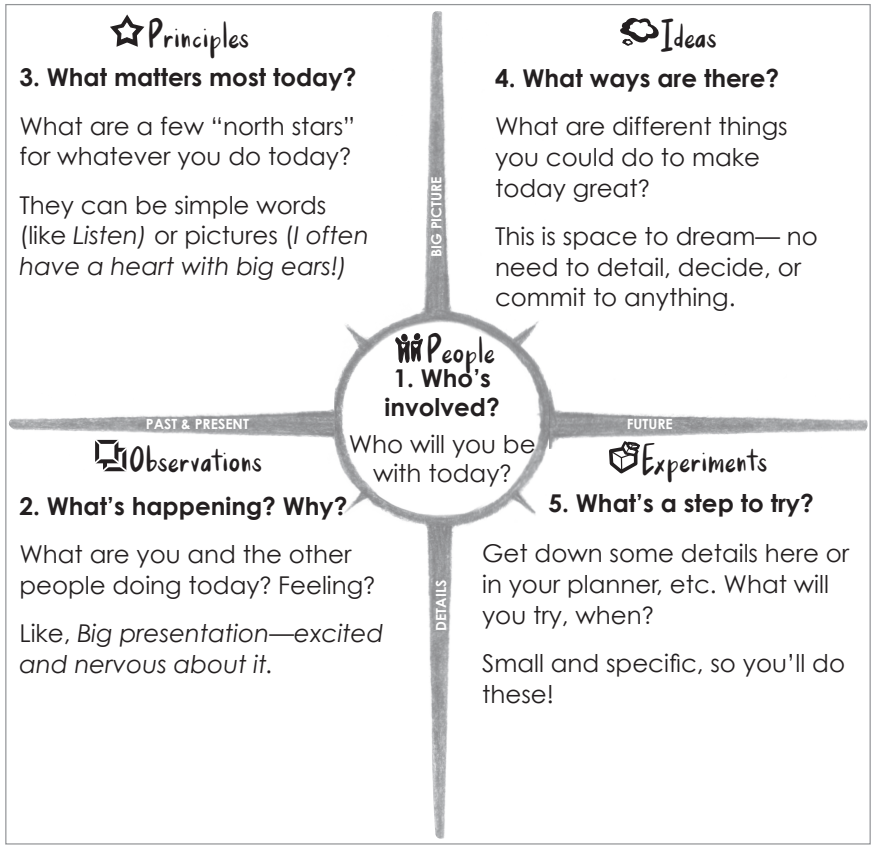
Month of Mindful Minutes

JOURNAL

A Daily Mindful Minute With INNOVATORS' COMPASS®

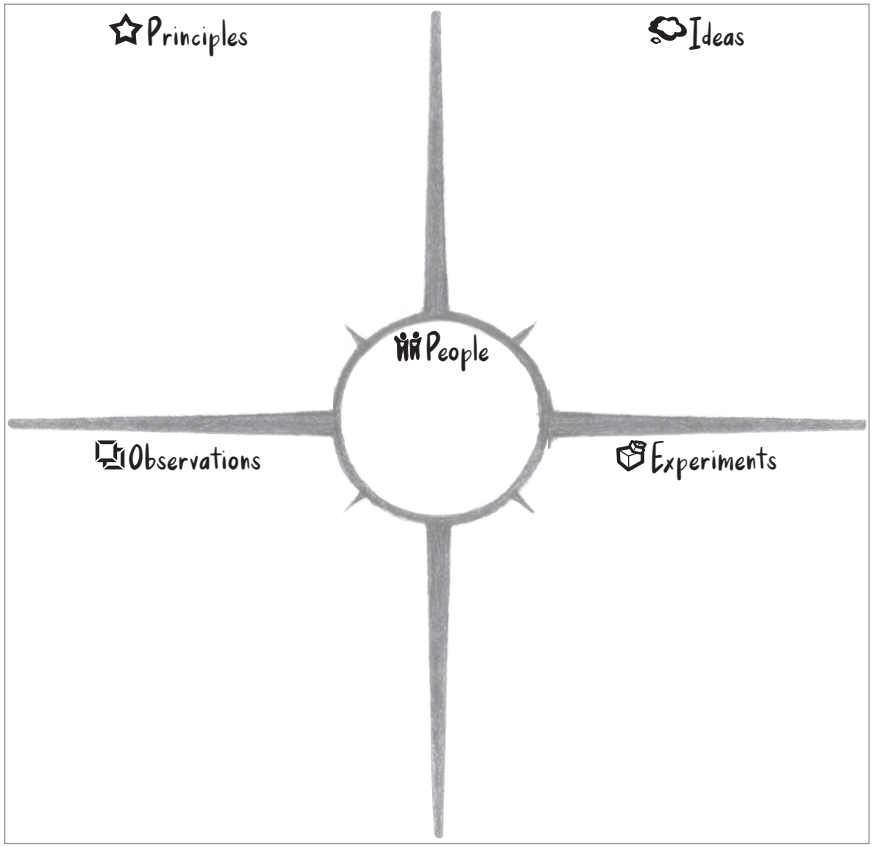
Every day at/by/around ____a.m./p.m. I'll set my compass for a mindful, great day. You might do 1-5 minutes and whatever questions/order feel good. Guesses are fine—just add a ? mark!



Notes, doodles, reflections, mini-compasses, etc.

You can extend your planning compass thoughts here. Or, jot notes or a mini-compass about something that comes up. Or, reflect: Did your day and its experiments inspire any new observations, principles, or ideas?

Making _____ great!
(today's date)



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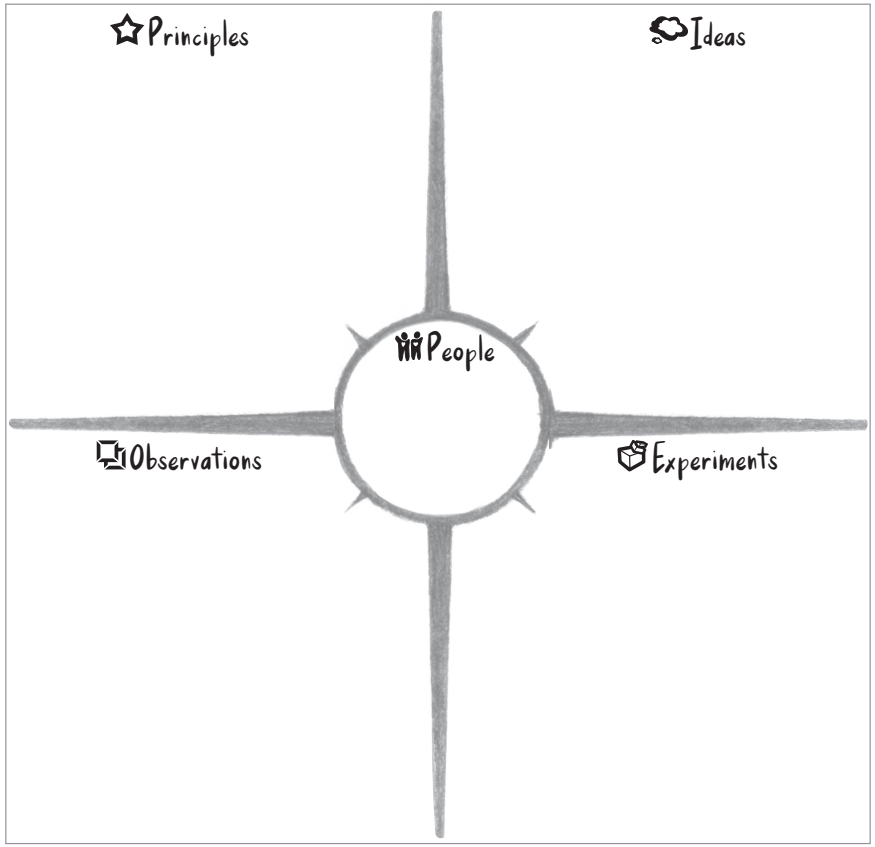

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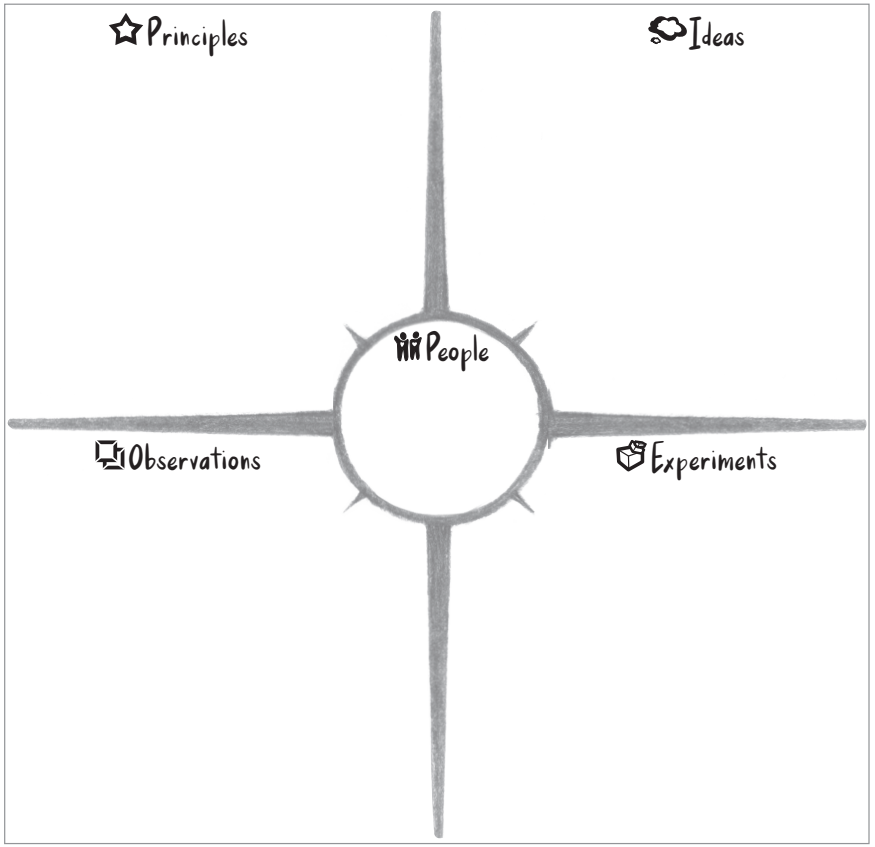

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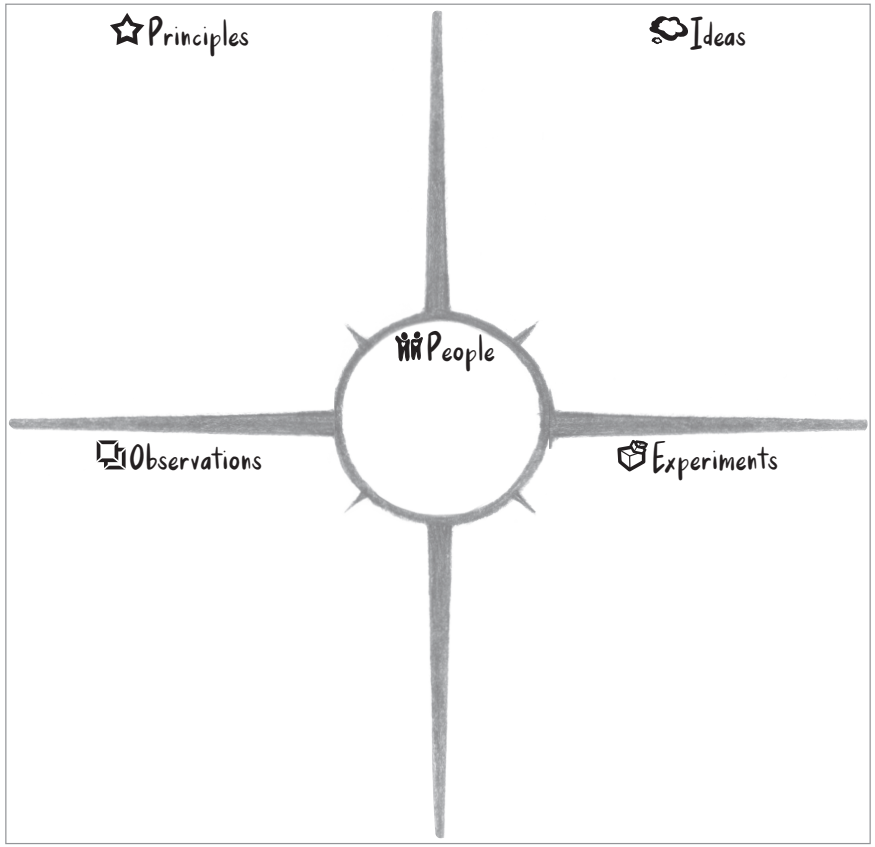

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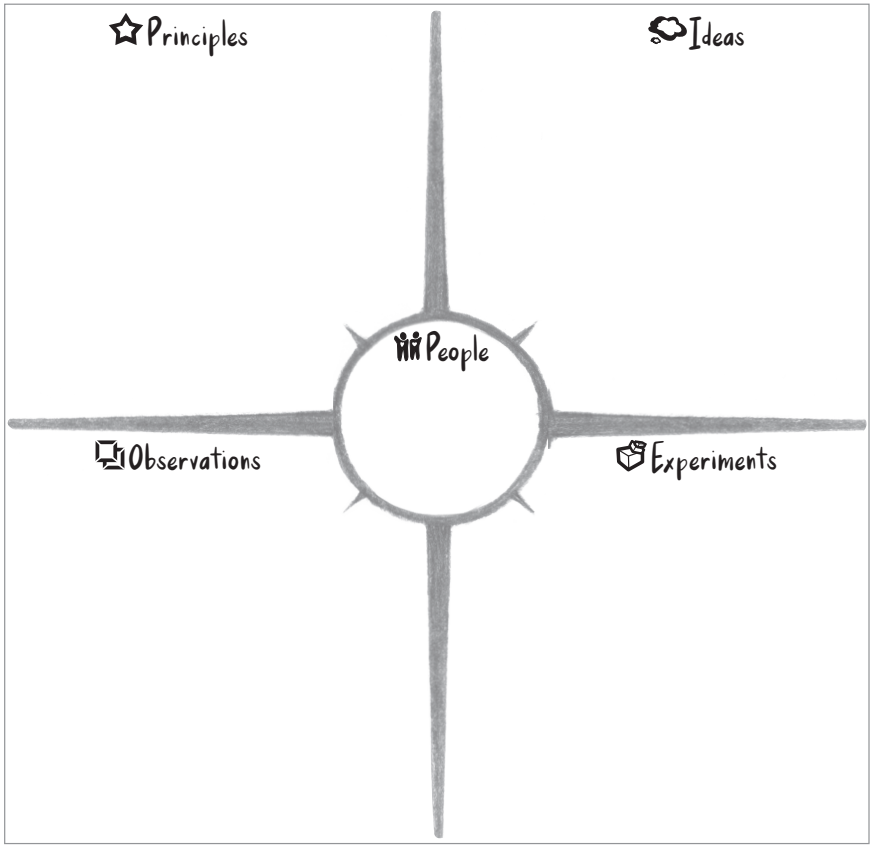

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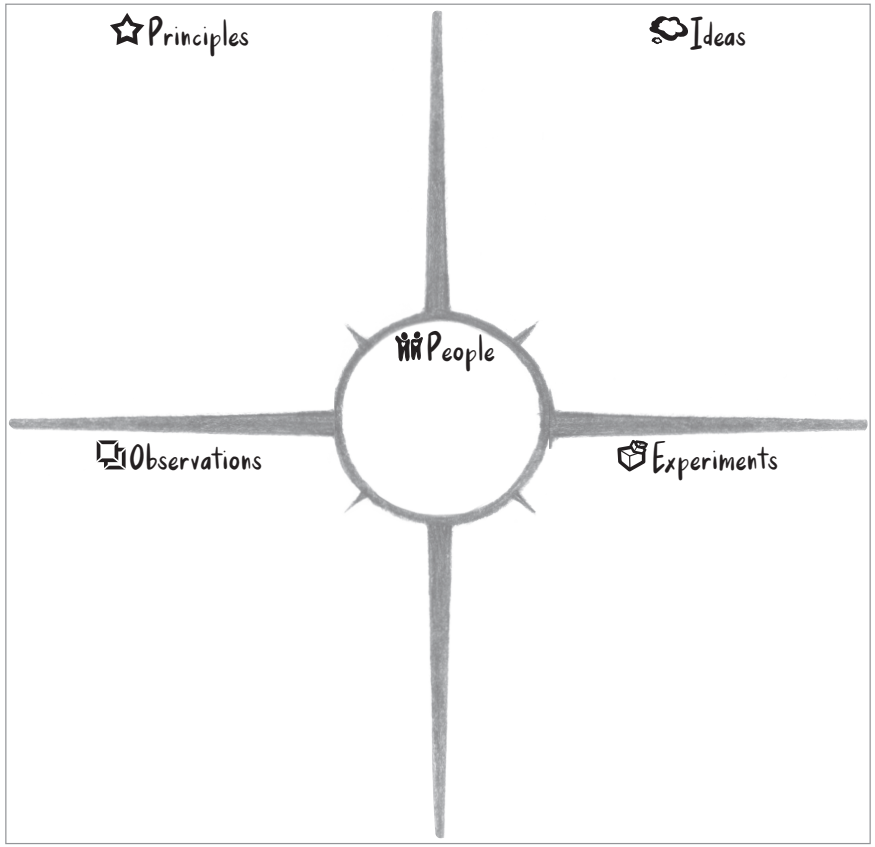

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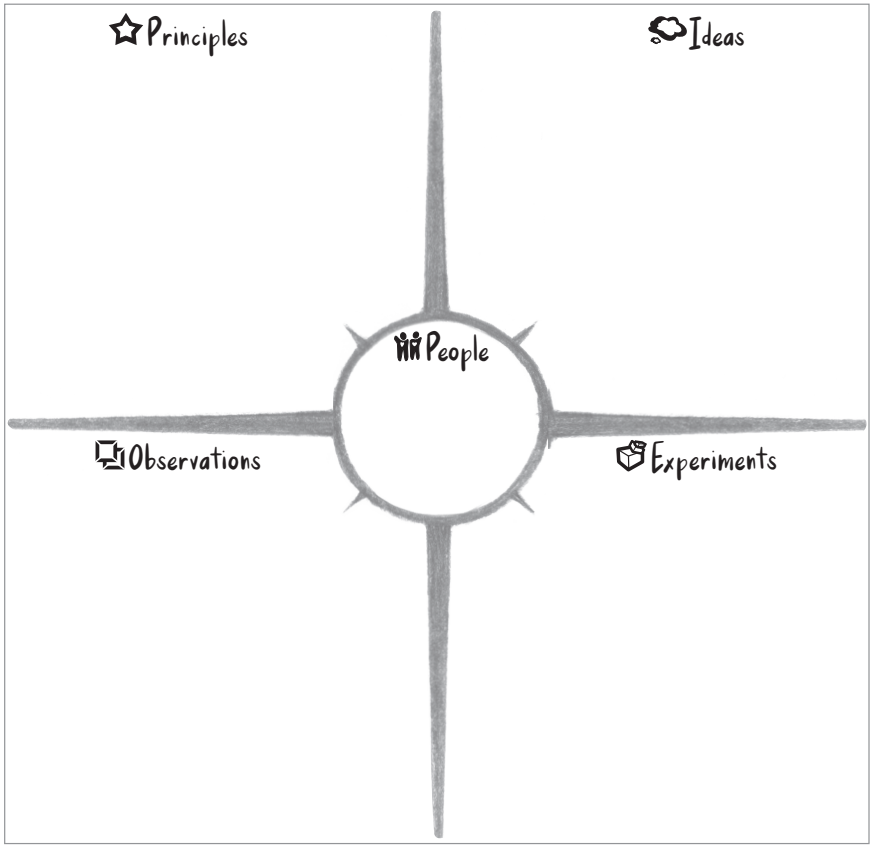

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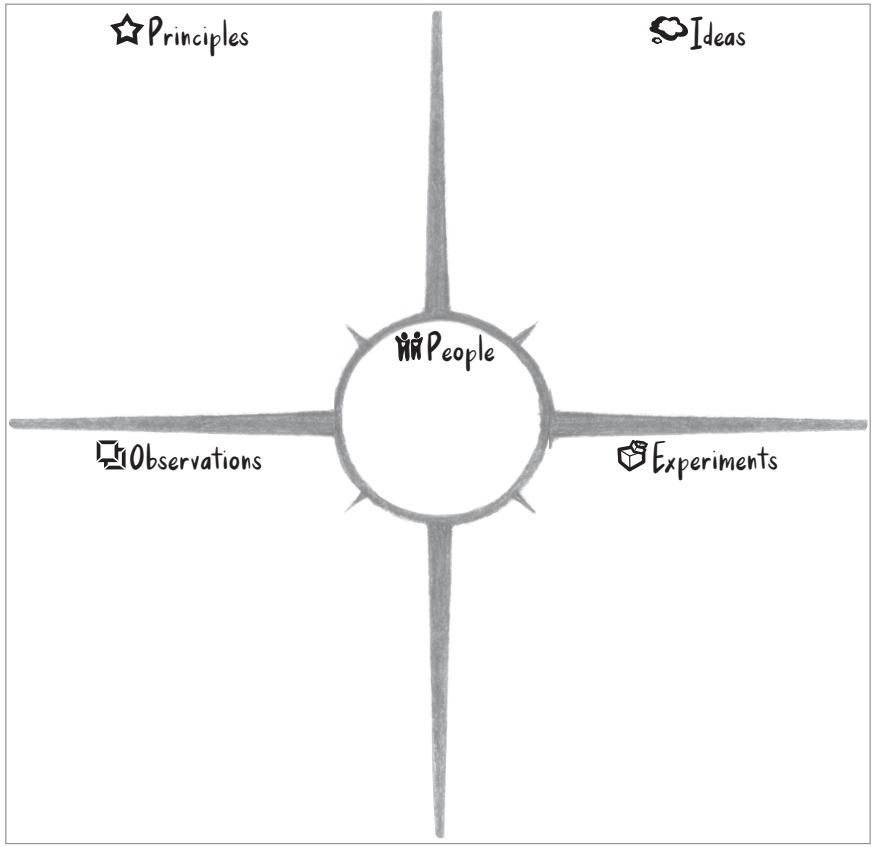

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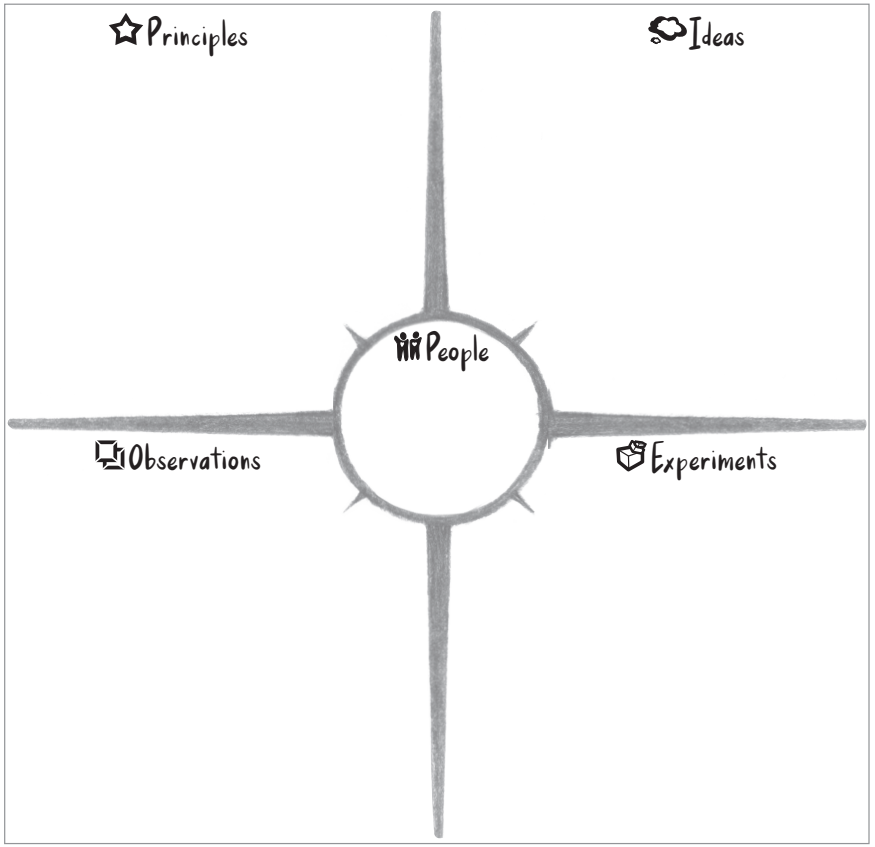

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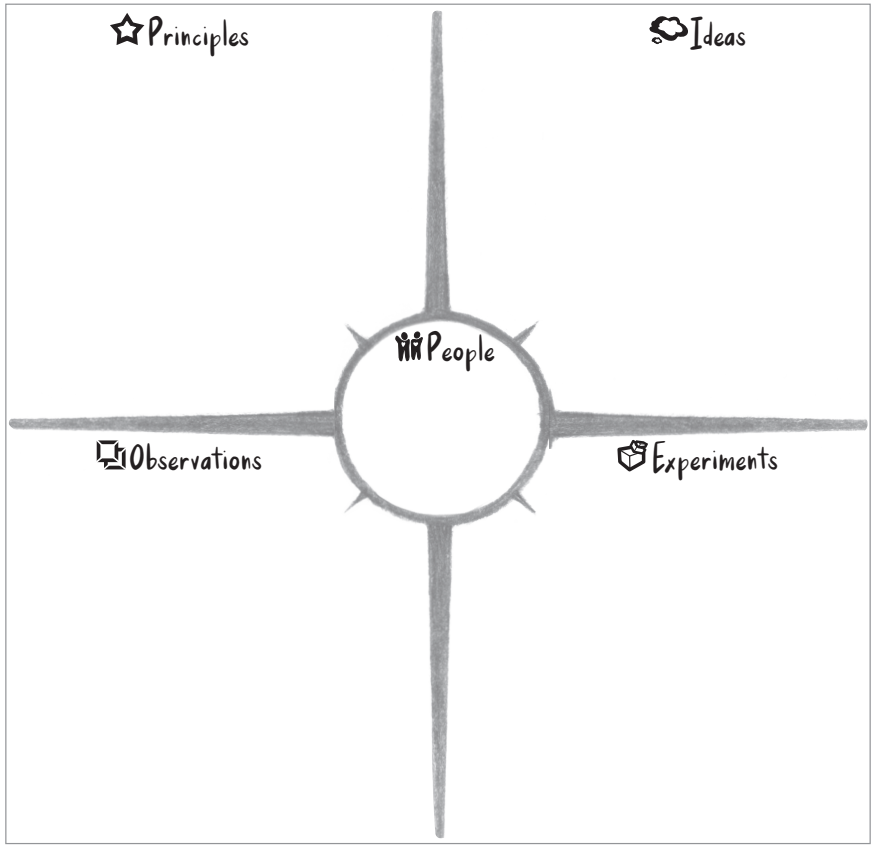

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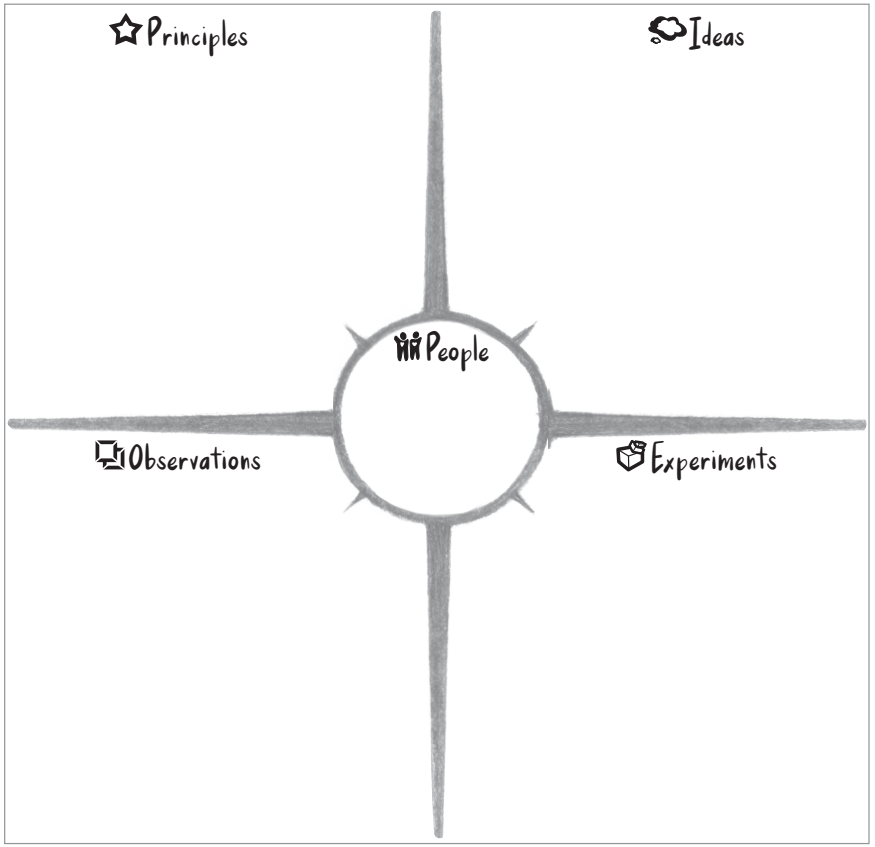

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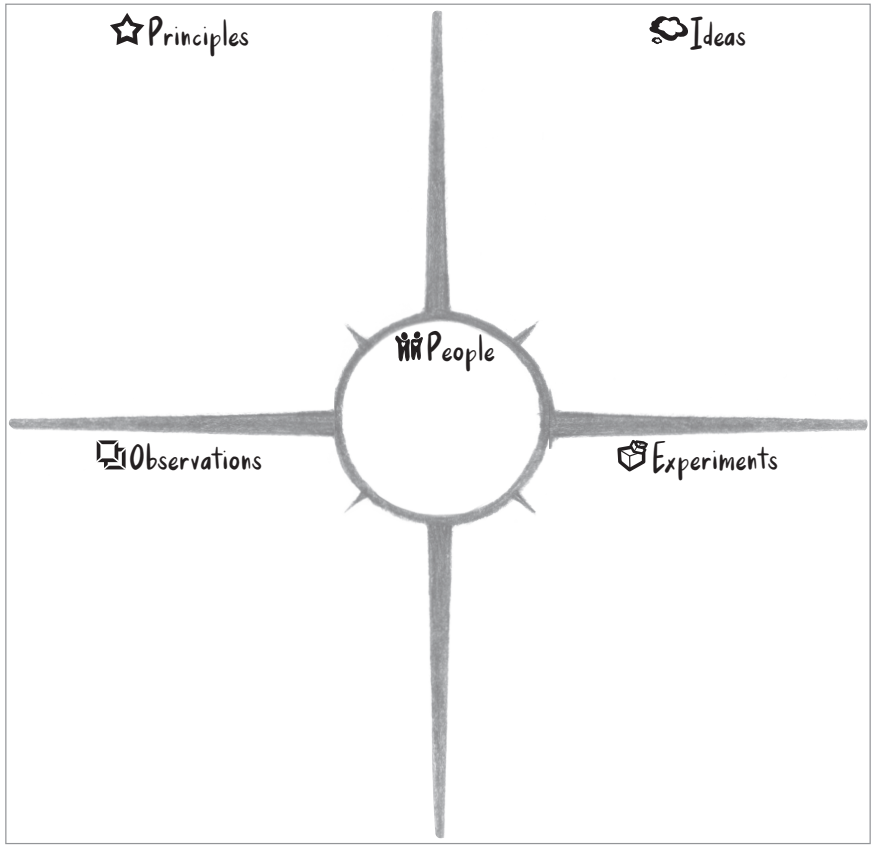

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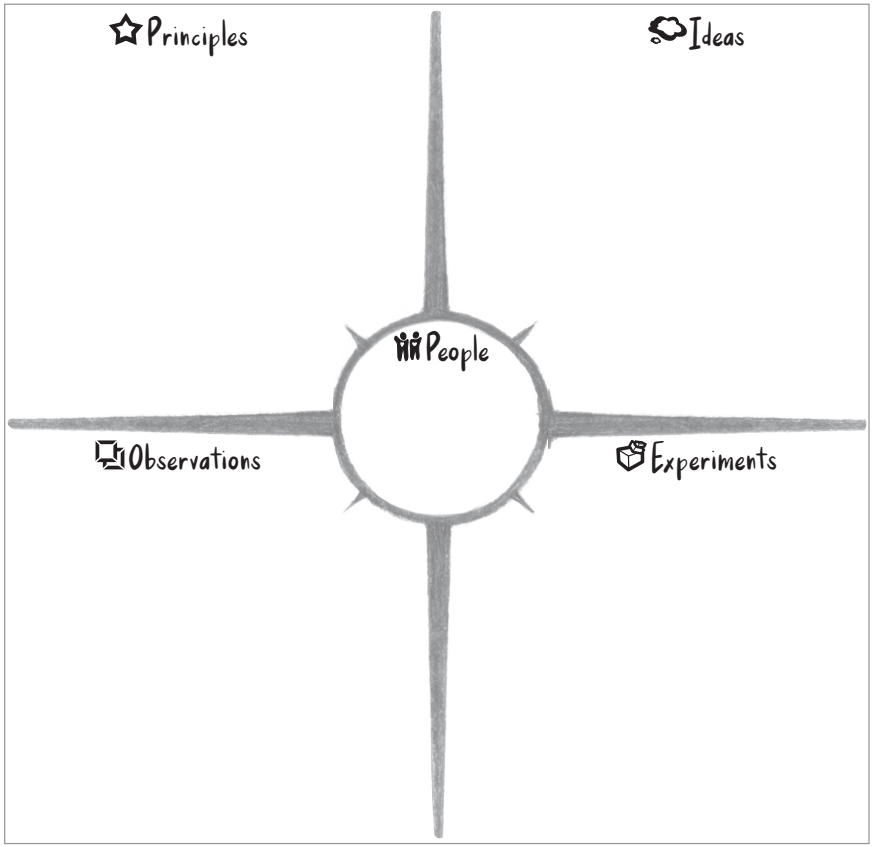

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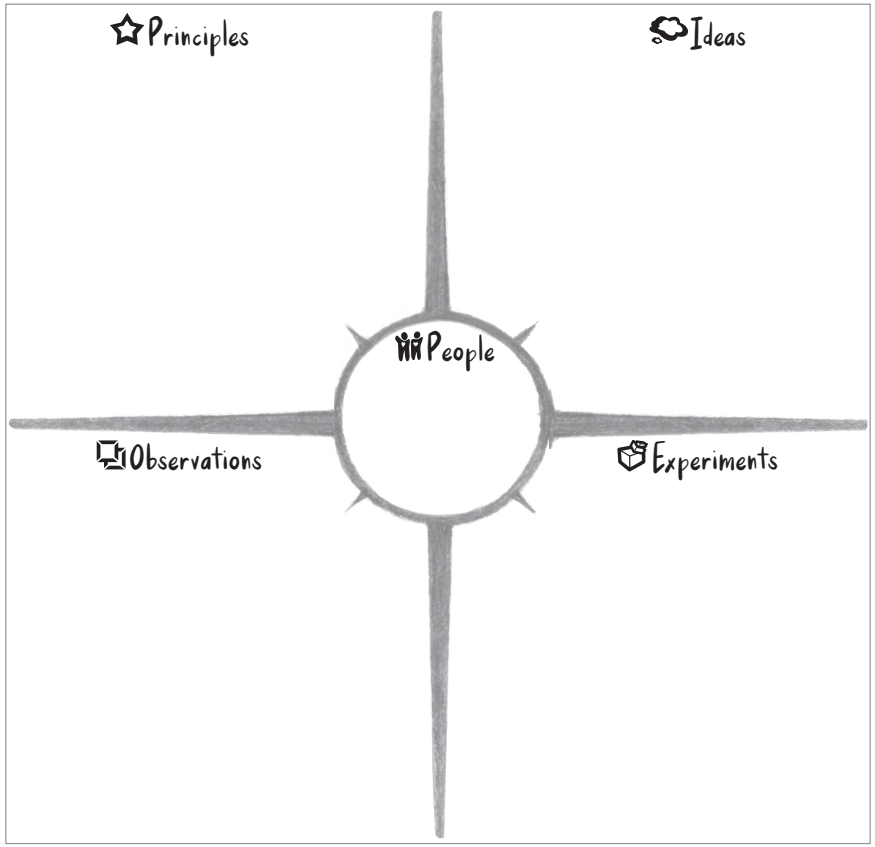

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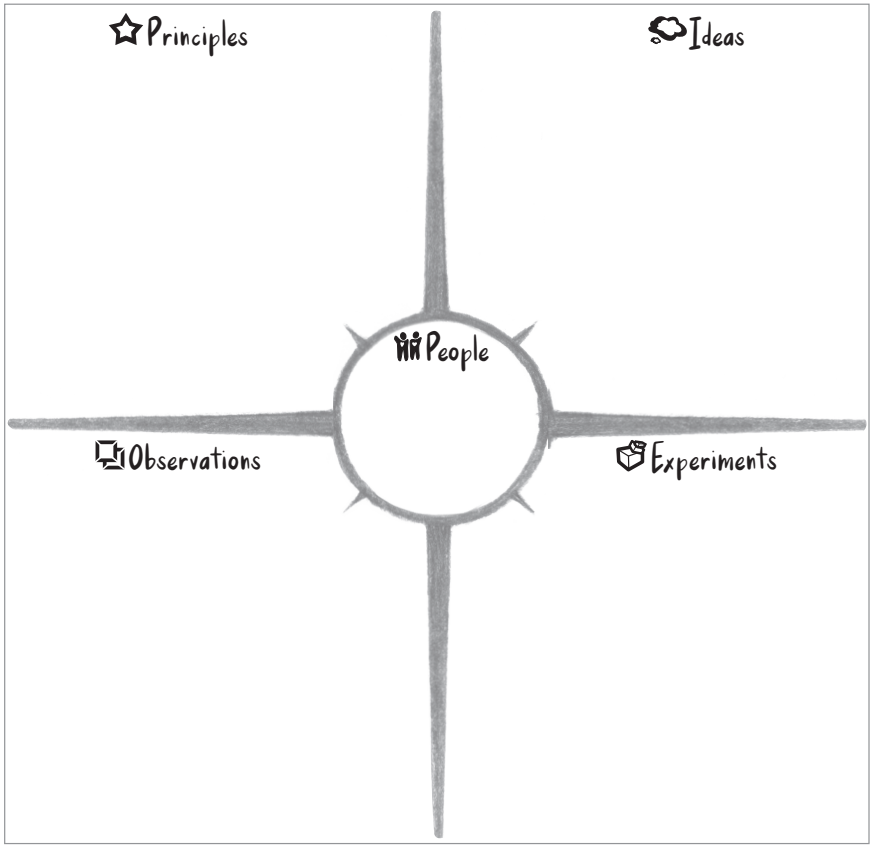

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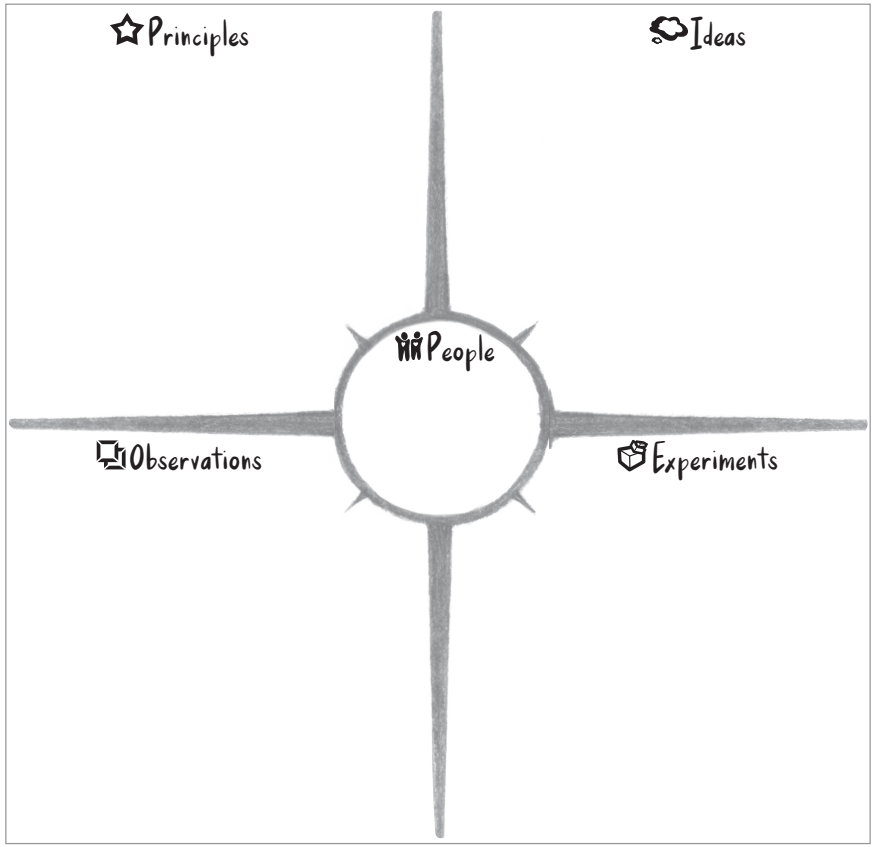

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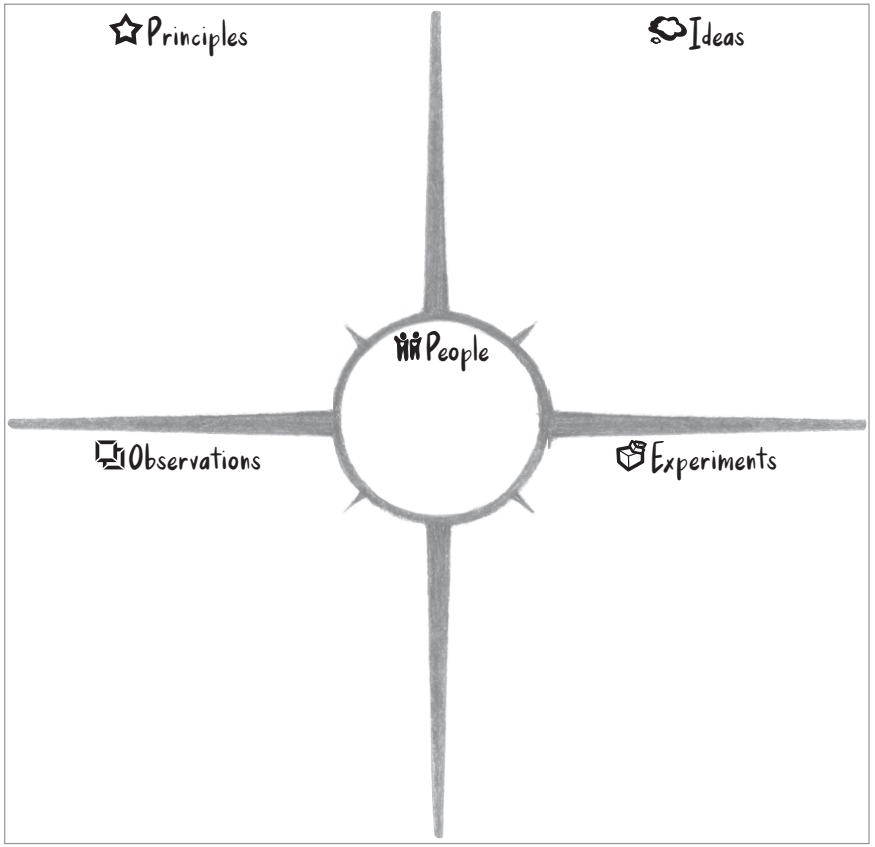

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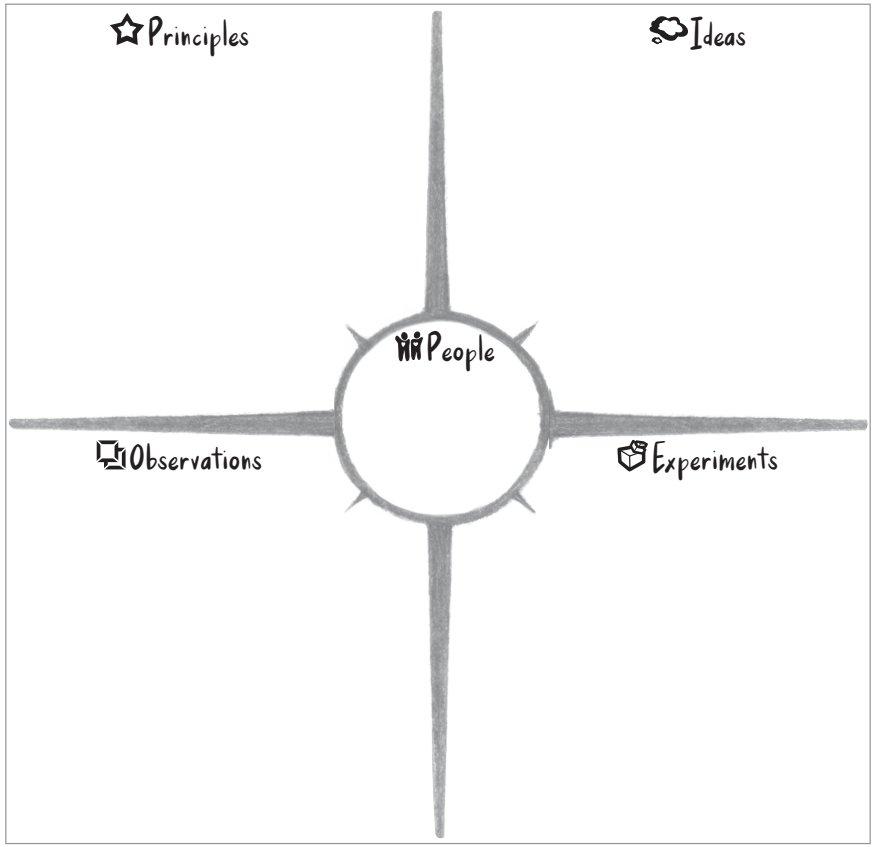

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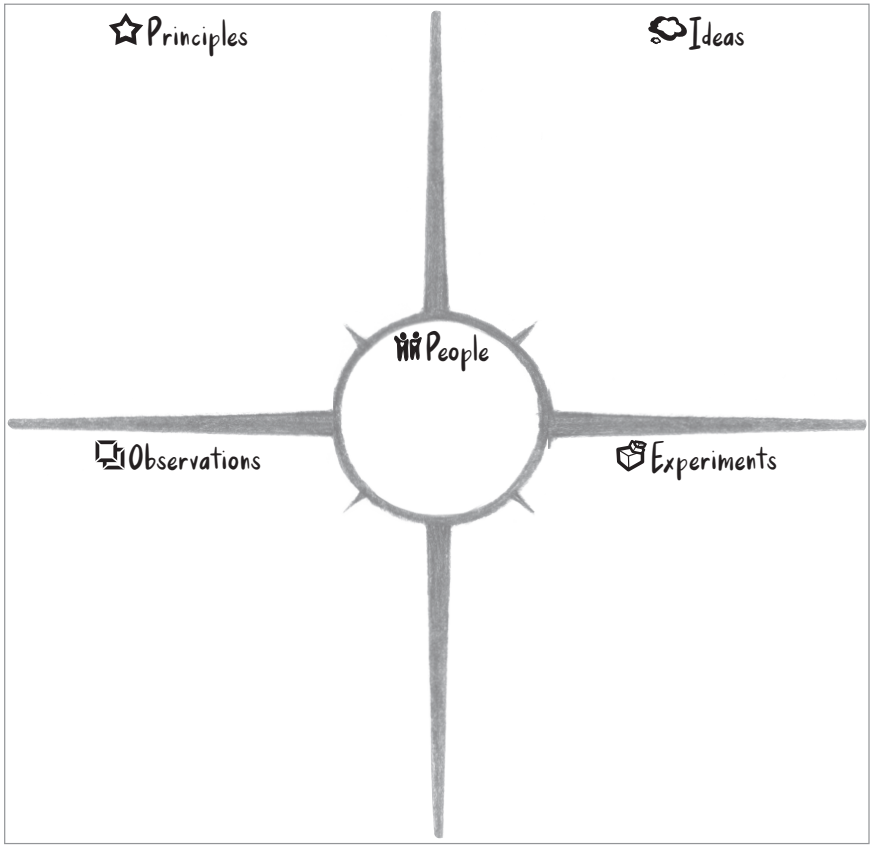

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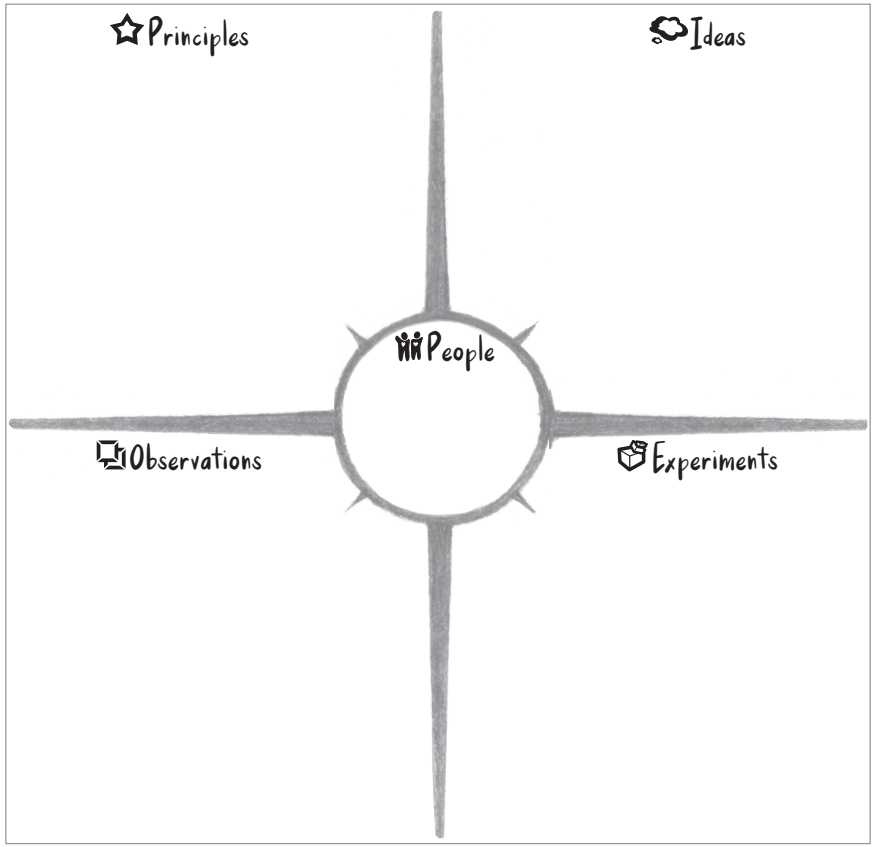

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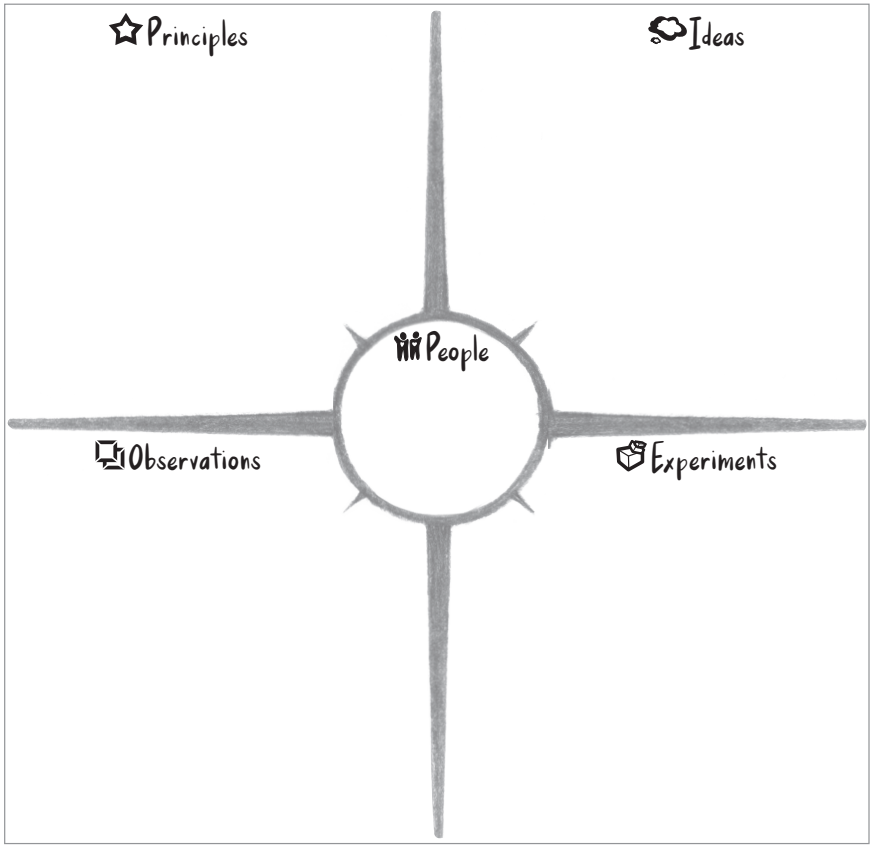

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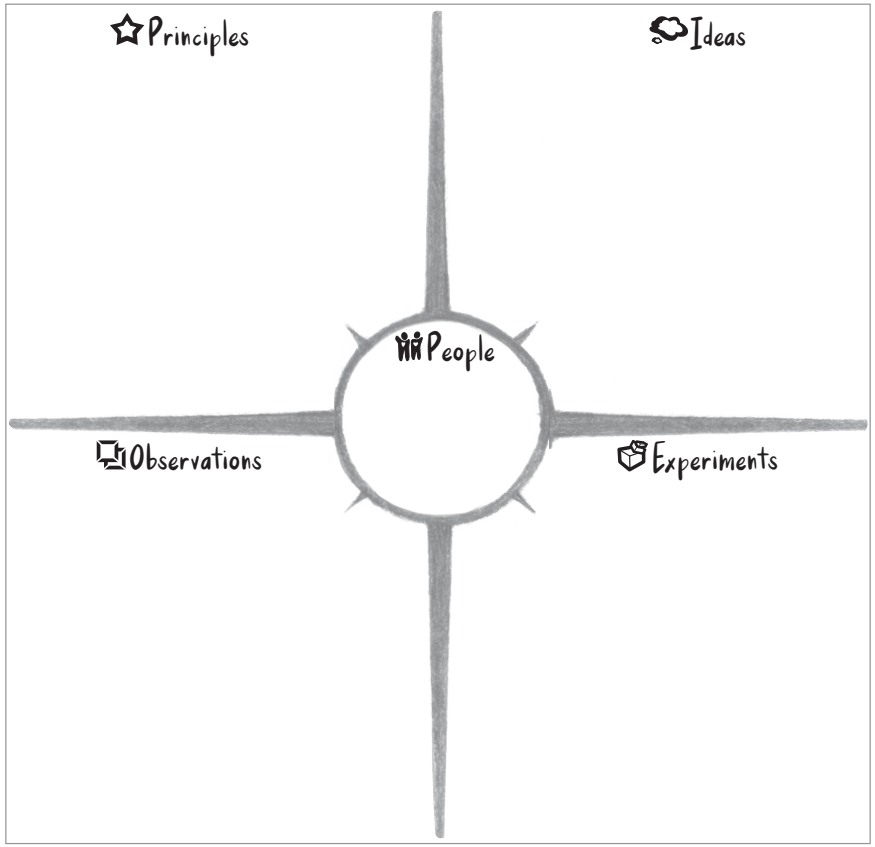

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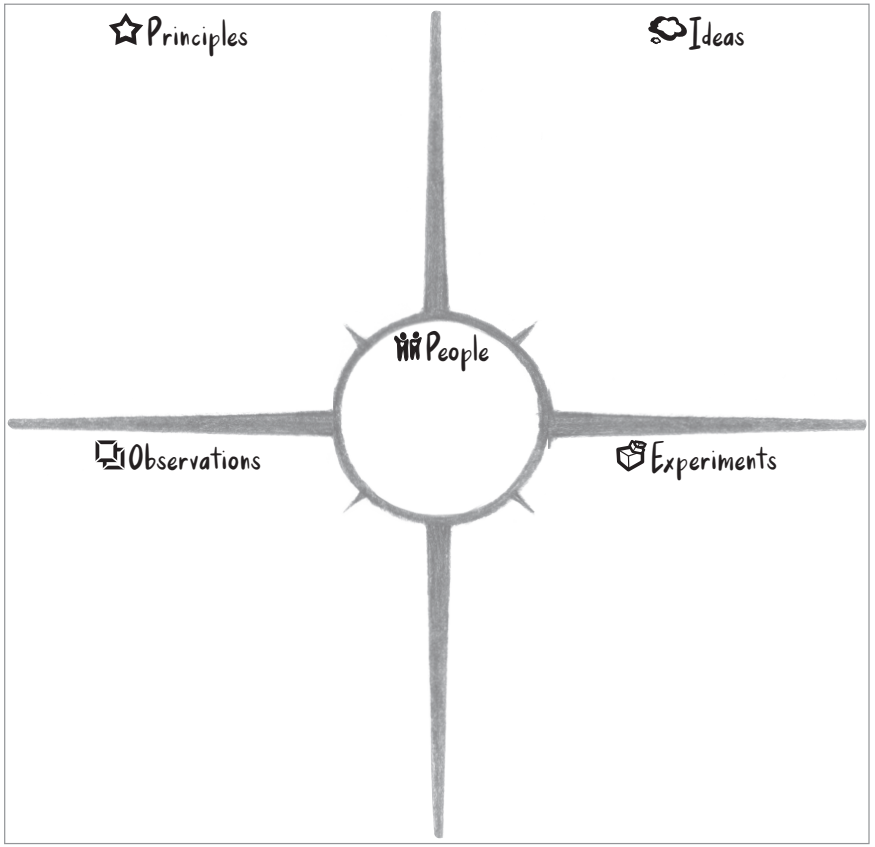

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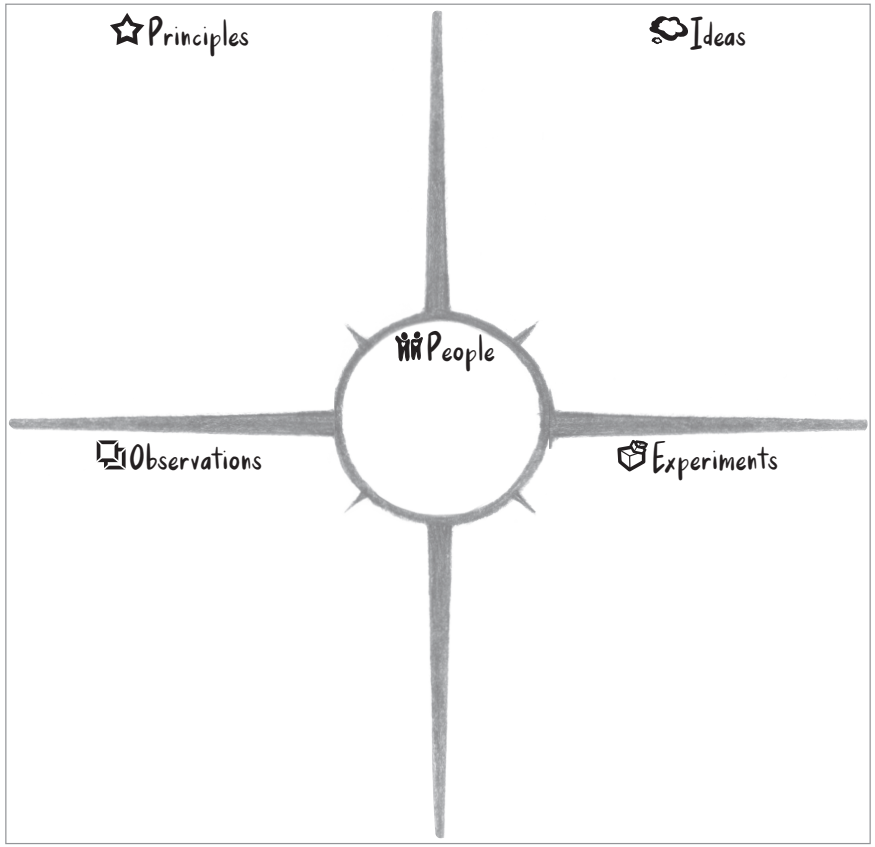

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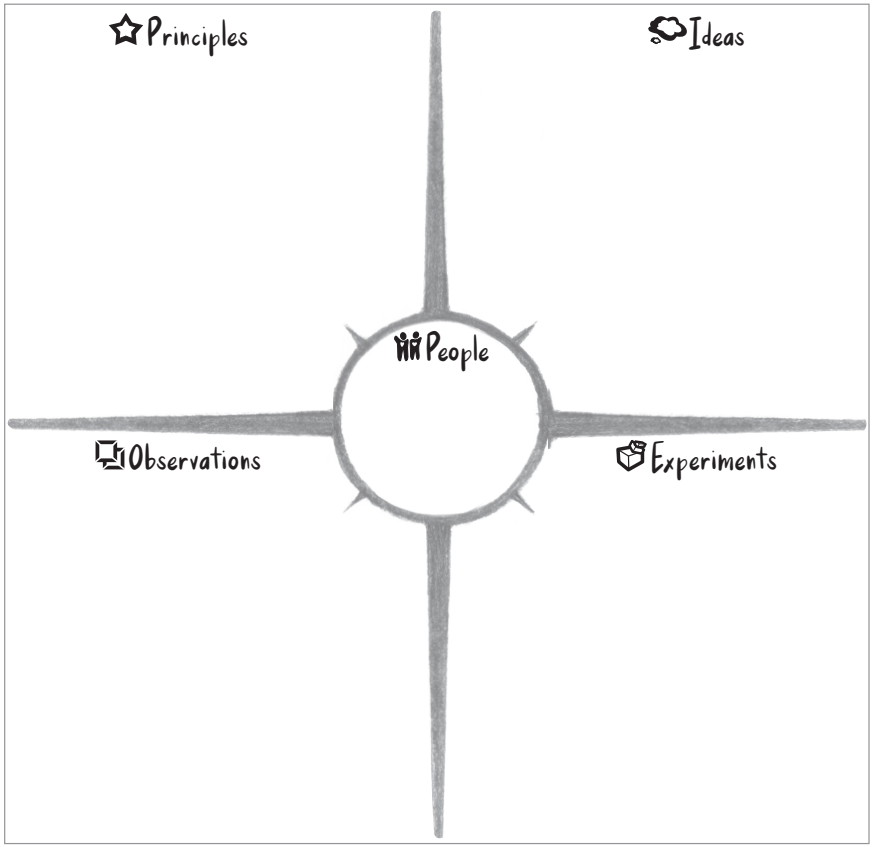

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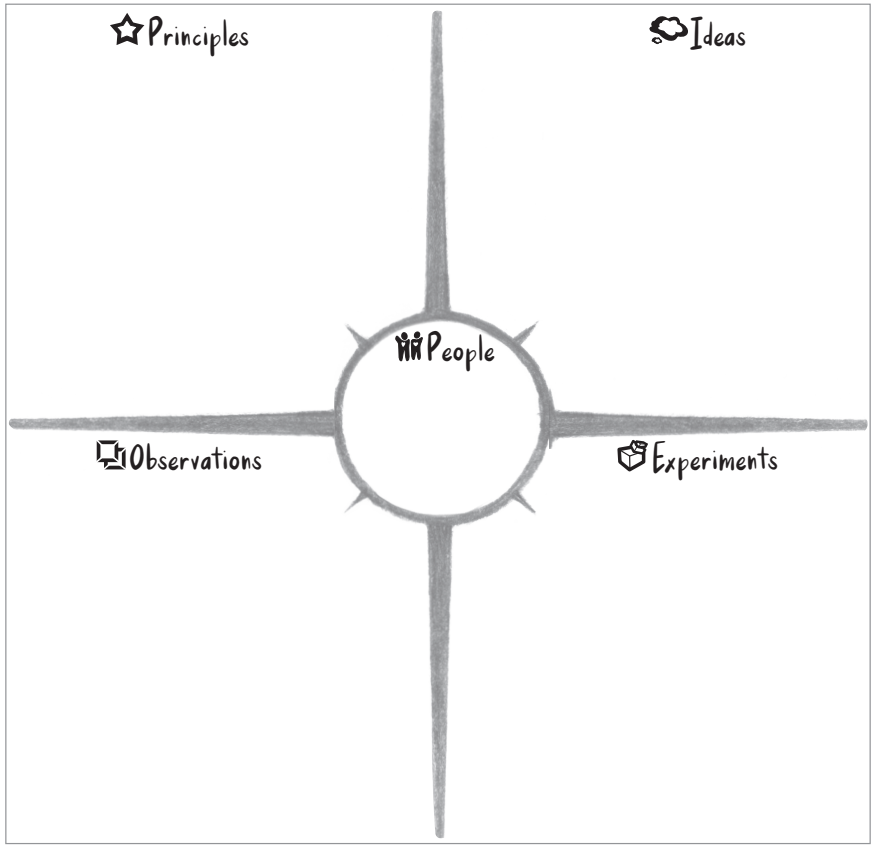

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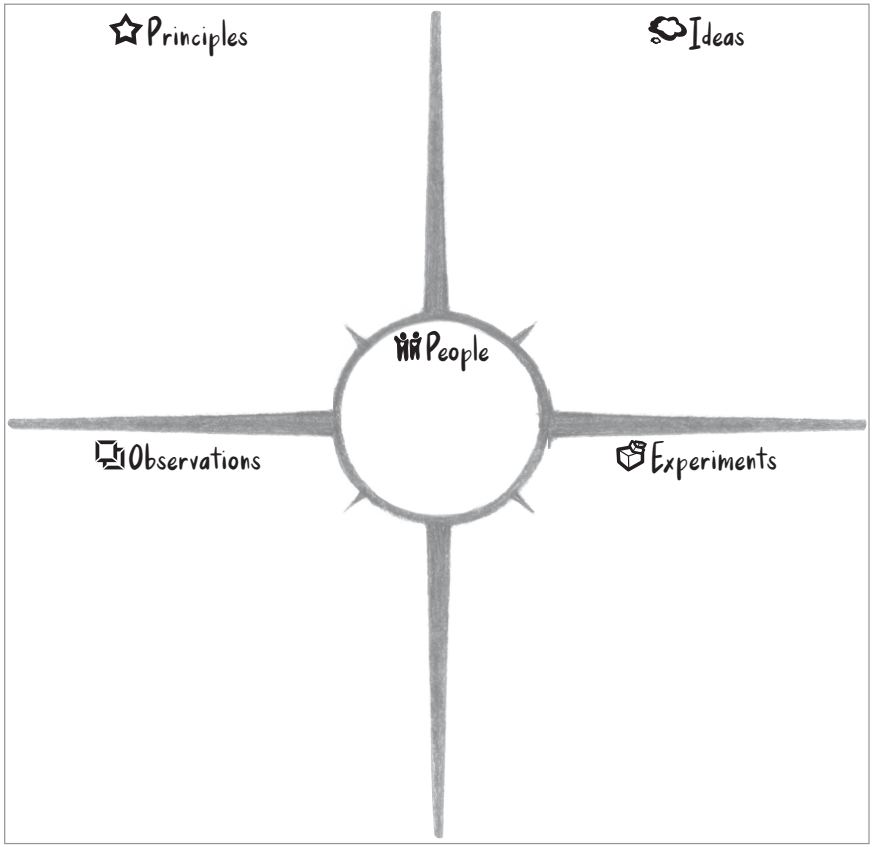

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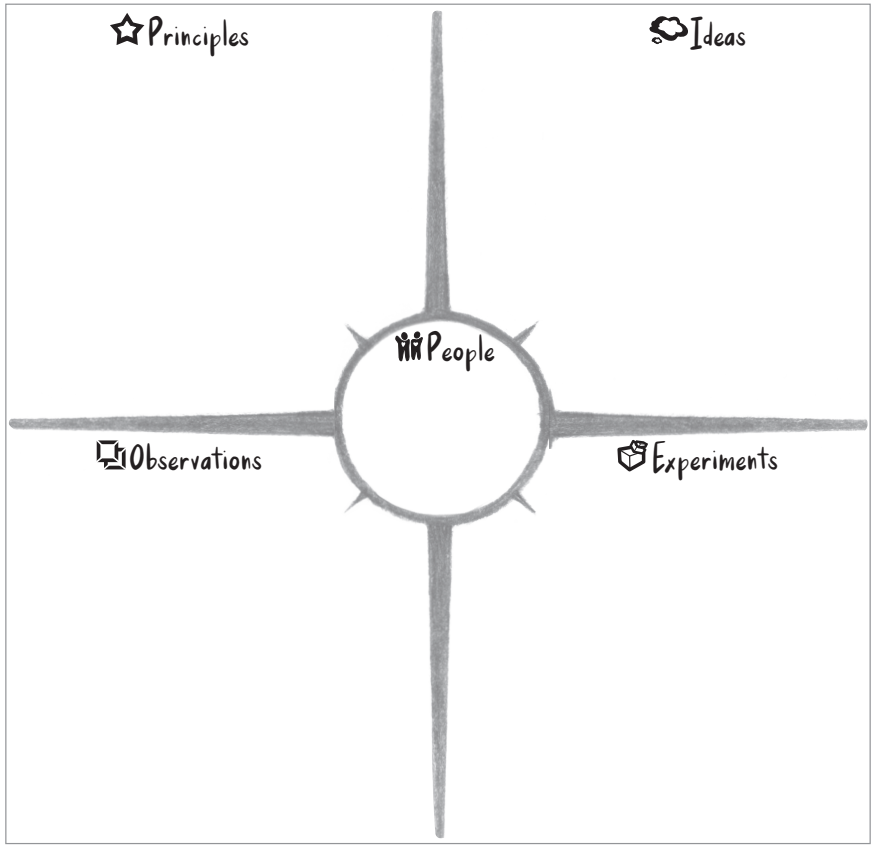

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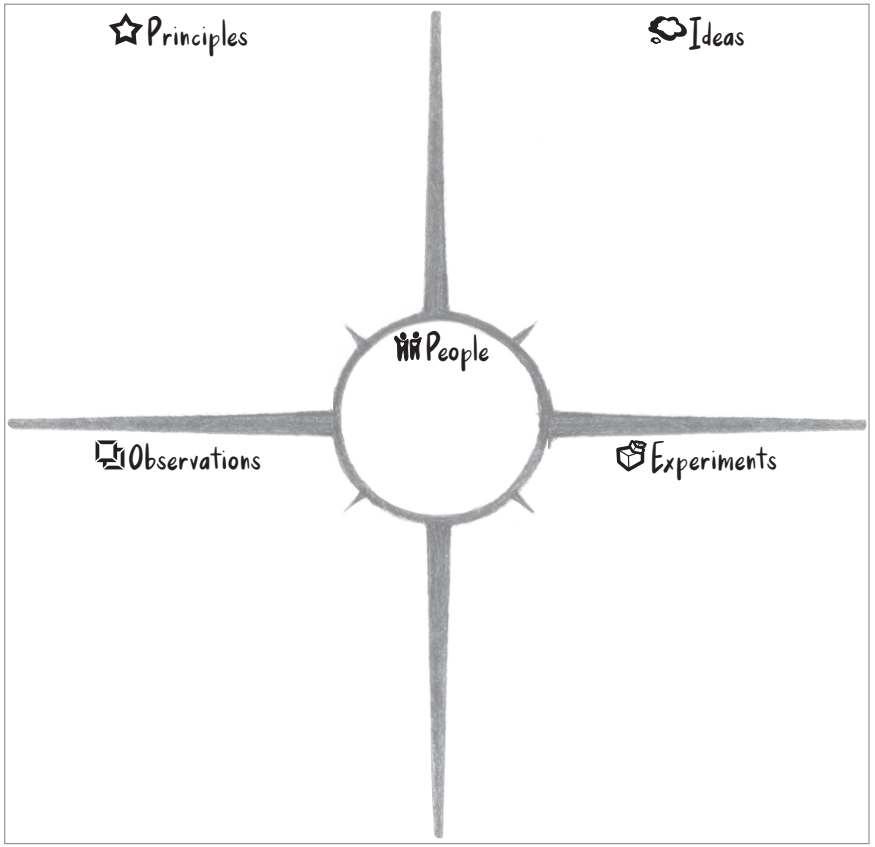

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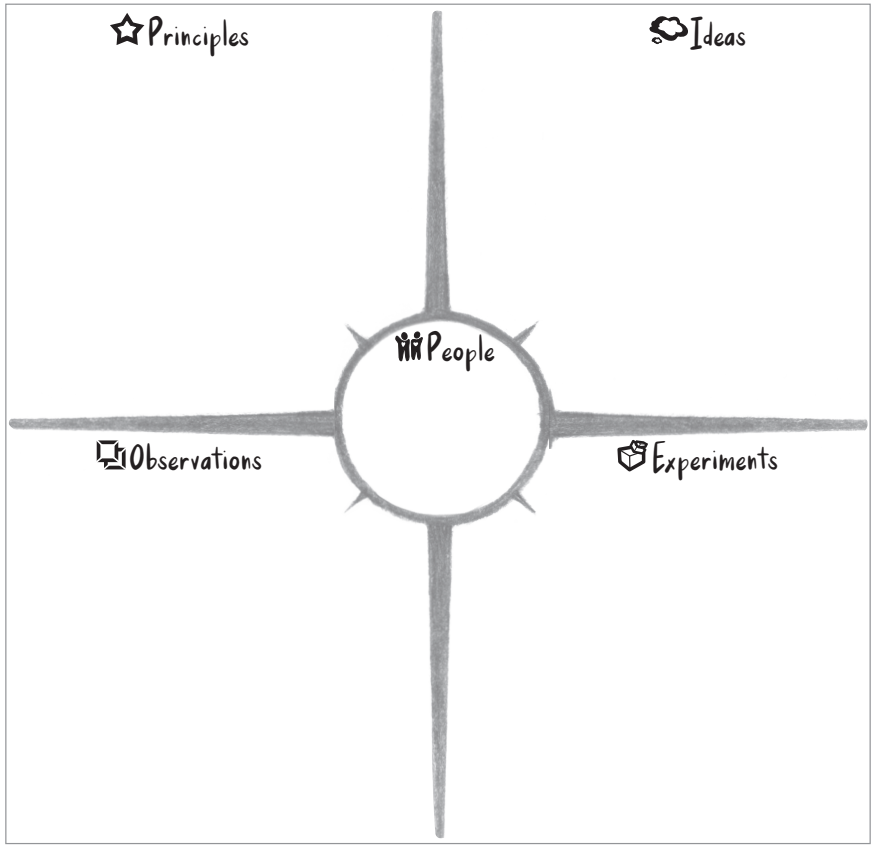

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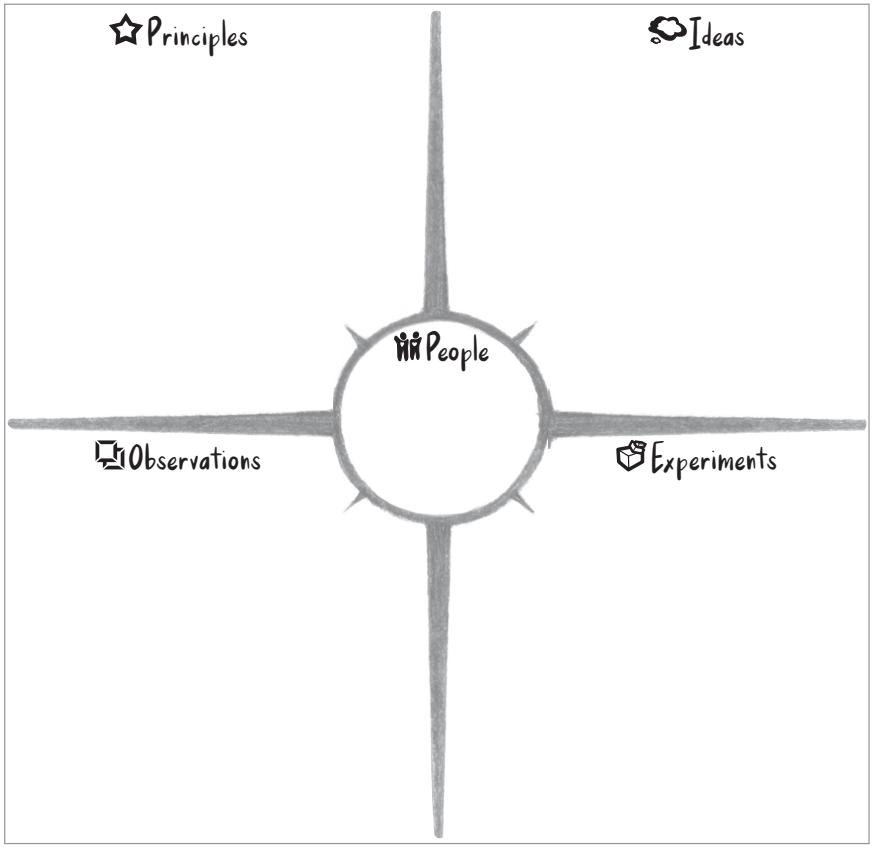

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End-of Month Reflection

Interesting patterns that came up over the month?

How did this month of mindful minutes feel? Why?

Other reflections or ideas for the future?