

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!

**☆ Principles**  
**3. What matters most today?**  
 What are a few "north stars" for whatever you do today?  
 They can be simple words (like *Listen*) or pictures (*I often have a heart with big ears!*)

**☁ Ideas**  
**4. What ways are there?**  
 What are different things you could do to make today great?  
 This is space to dream— no need to detail, decide, or commit to anything.

**👁 Observations**  
**2. What's happening? Why?**  
 What are you and the other people doing today? Feeling?  
 Like, *Big presentation—excited and nervous about it.*

**🧪 Experiments**  
**5. What's a step to try?**  
 Get down some details here or in your planner, etc. What will you try, when?  
 Small and specific, so you'll do these!

**👥 People**  
**1. Who's involved?**  
 Who will you be with today?

BIG PICTURE (vertical label on top axis)  
PAST & PRESENT (horizontal label on left axis)  
FUTURE (horizontal label on right axis)  
DETAILS (vertical label on bottom axis)

## 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?

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Making \_\_\_\_\_ great!  
 (today's date)

**☆ Principles**      **☁ Ideas**

**👥 People**

**👁 Observations**      **🧪 Experiments**

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

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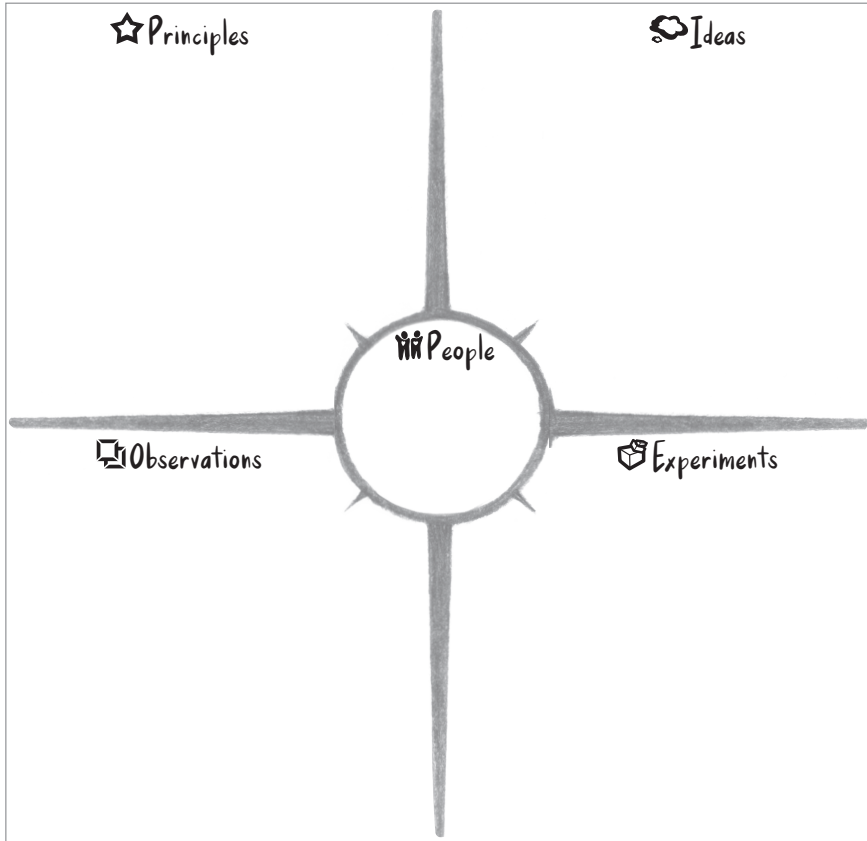


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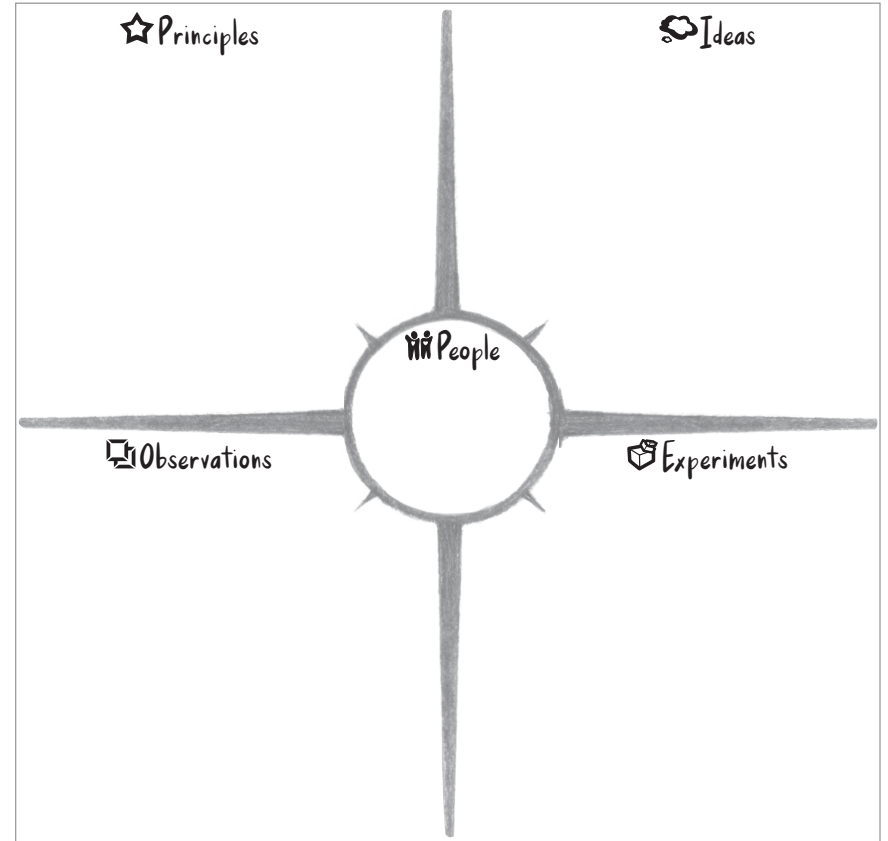
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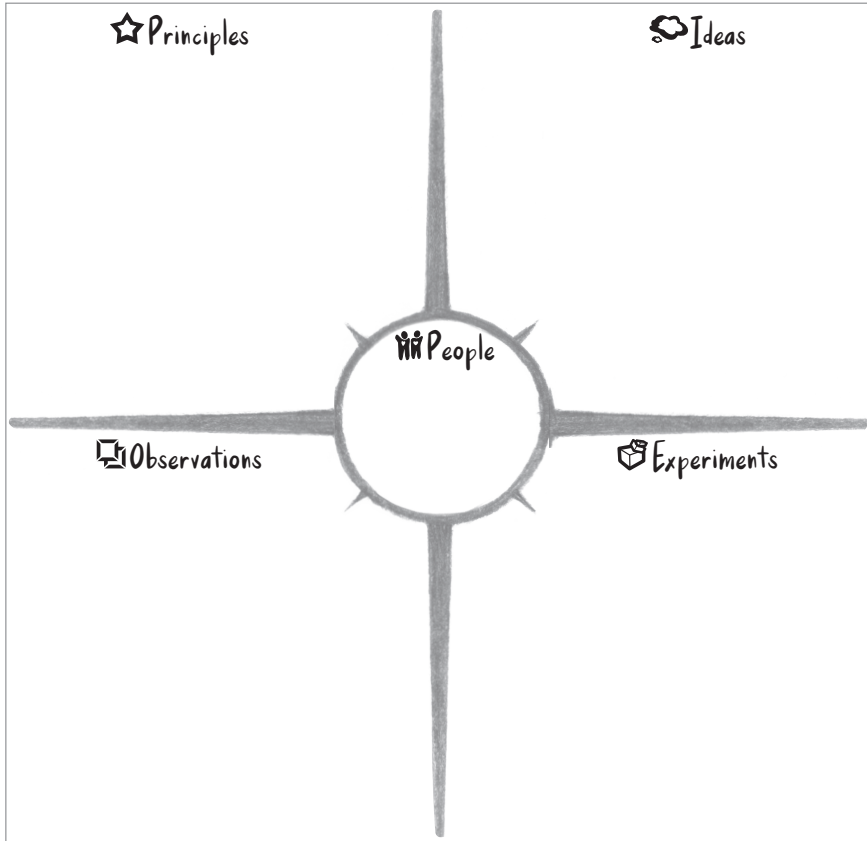
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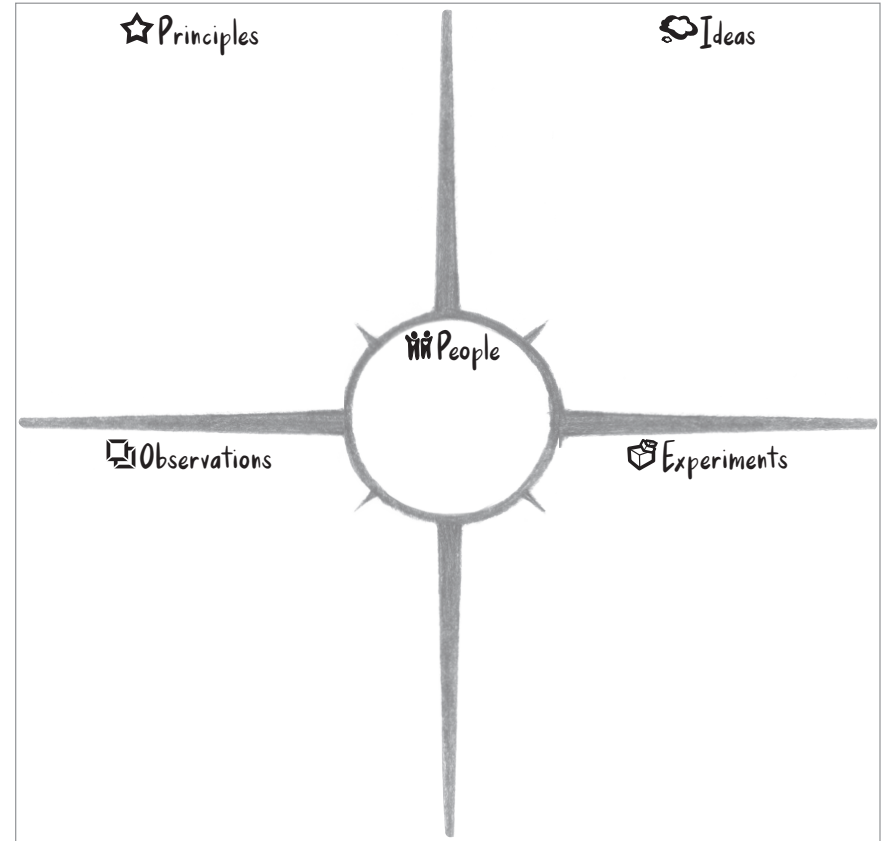
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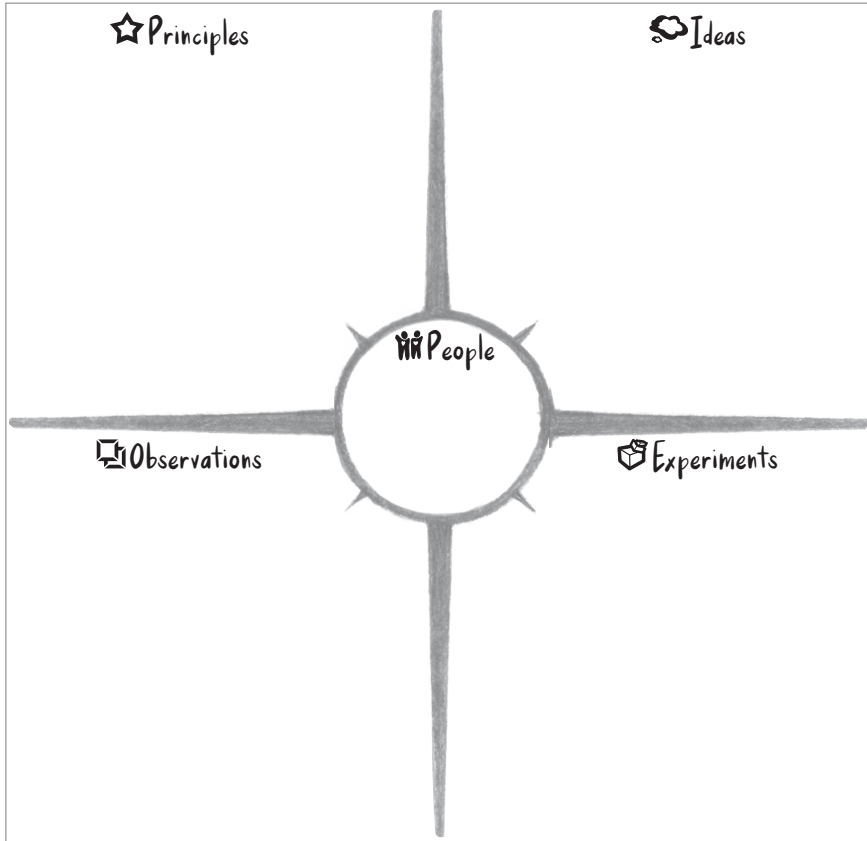
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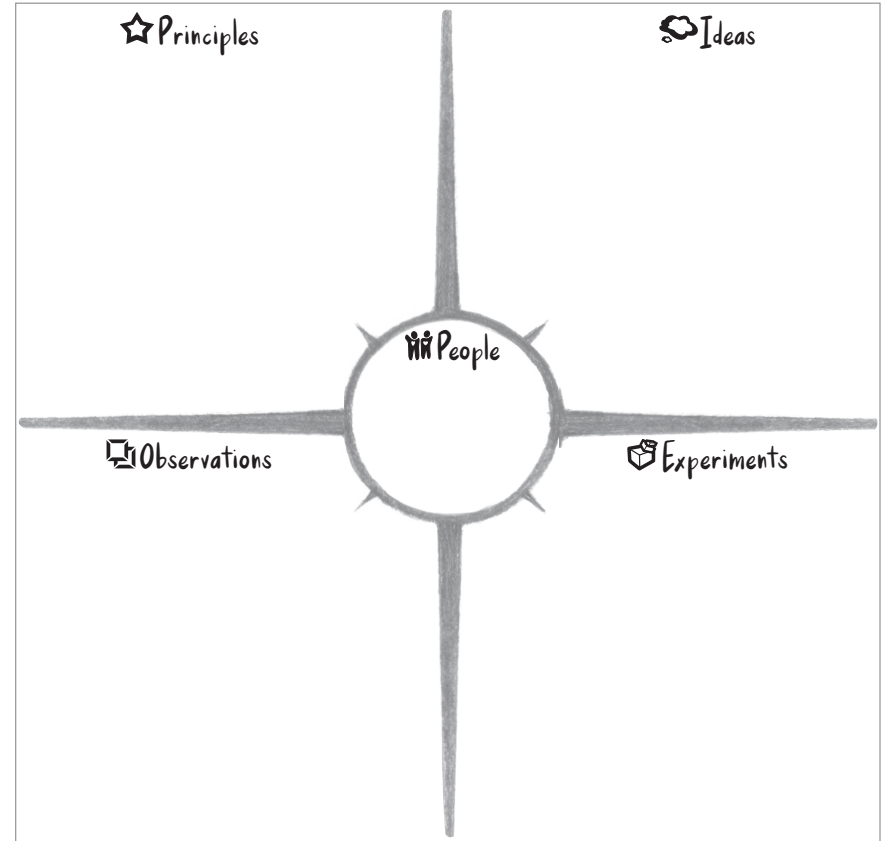
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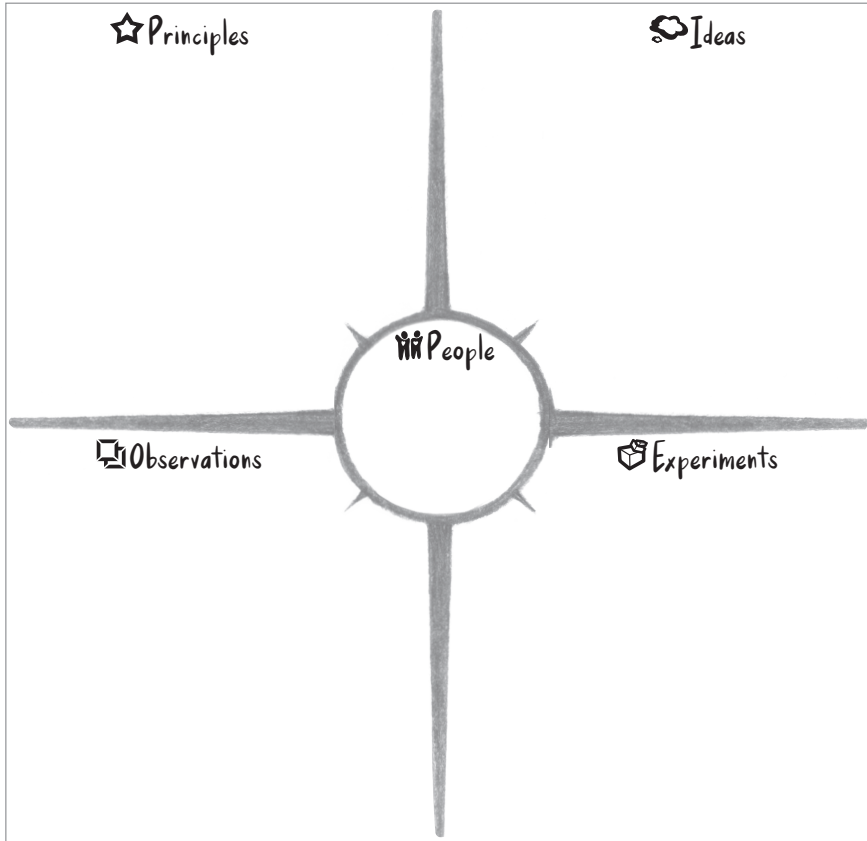
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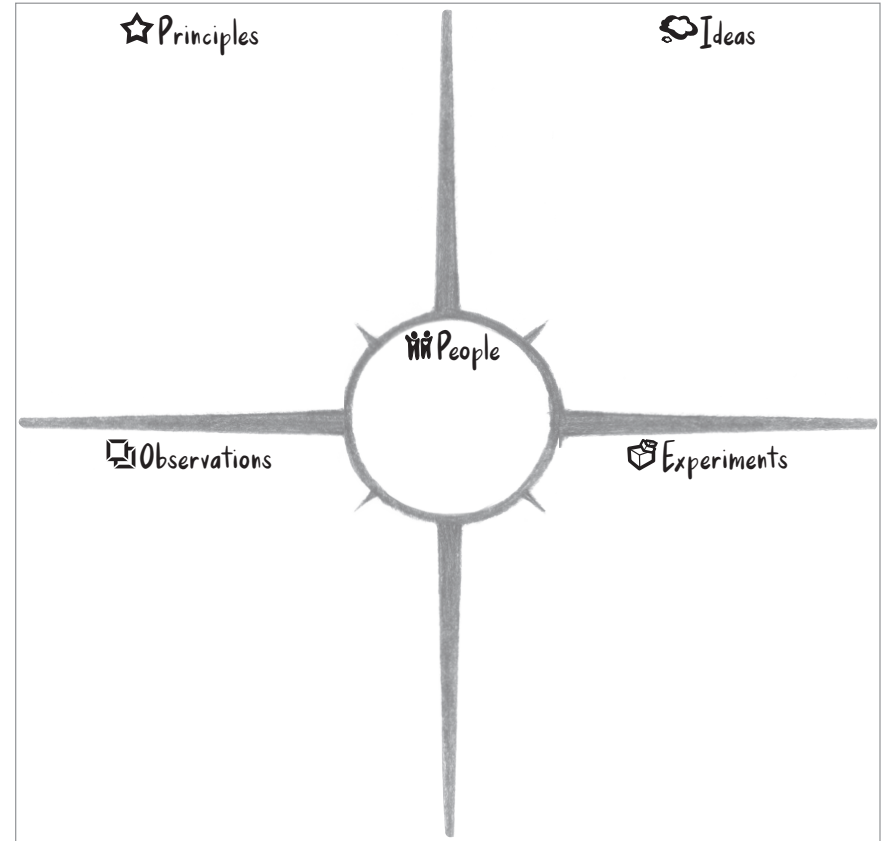
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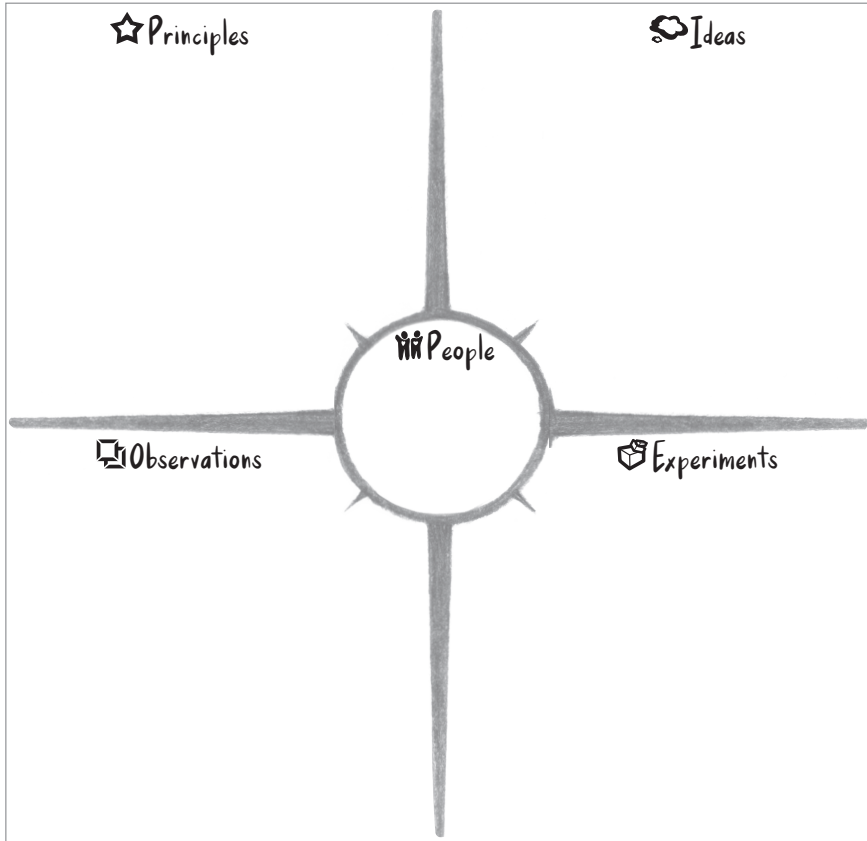
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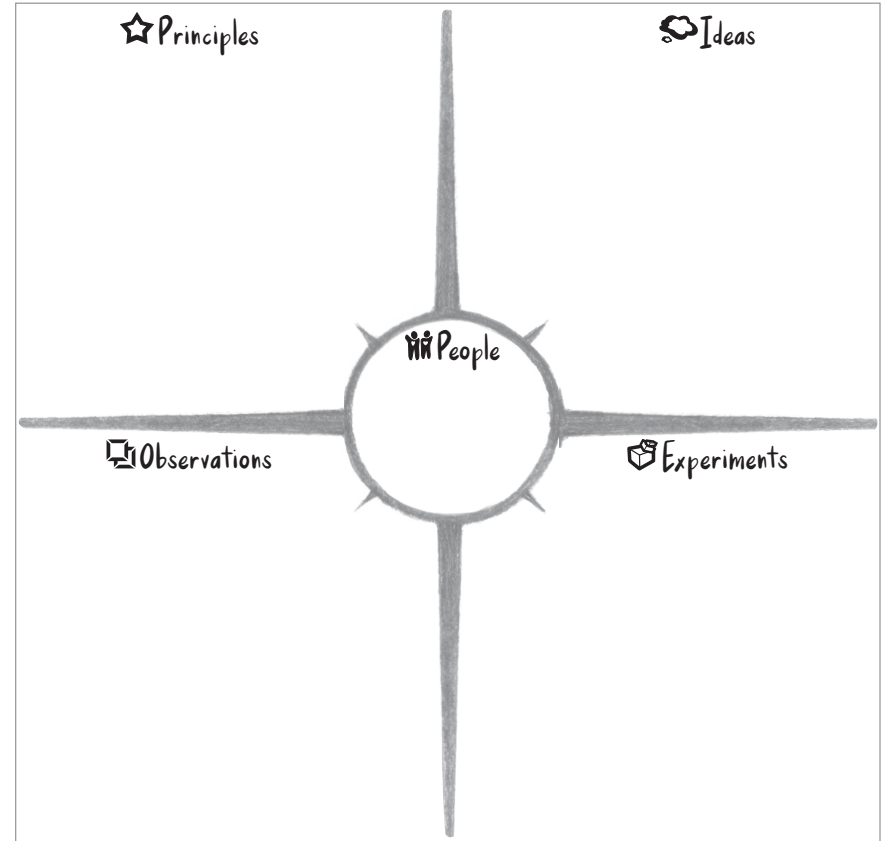
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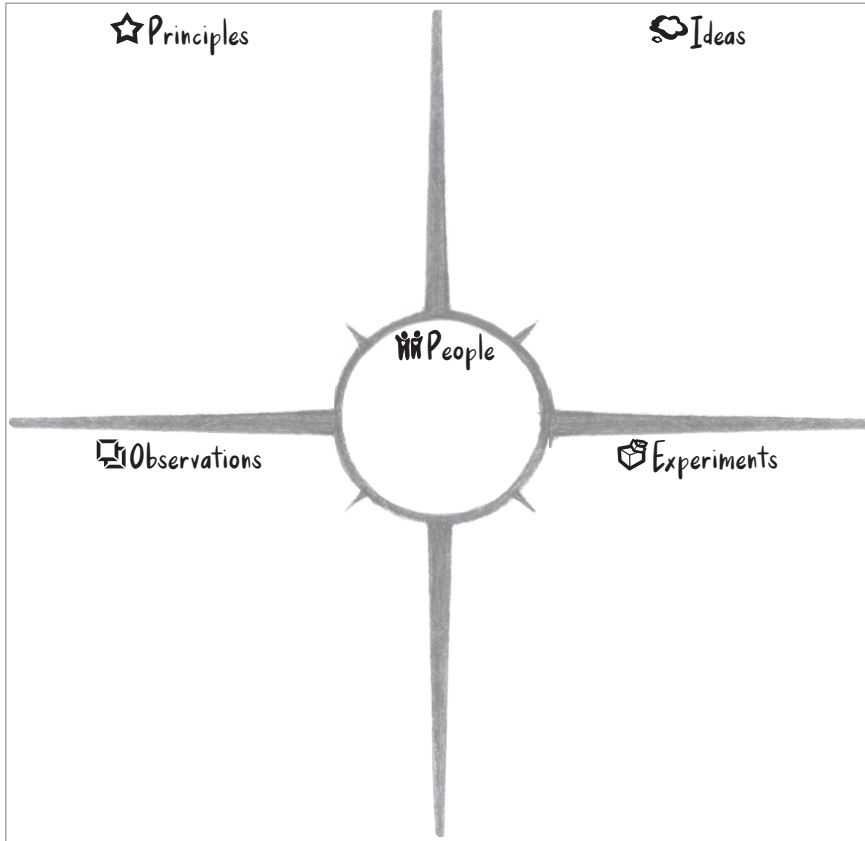
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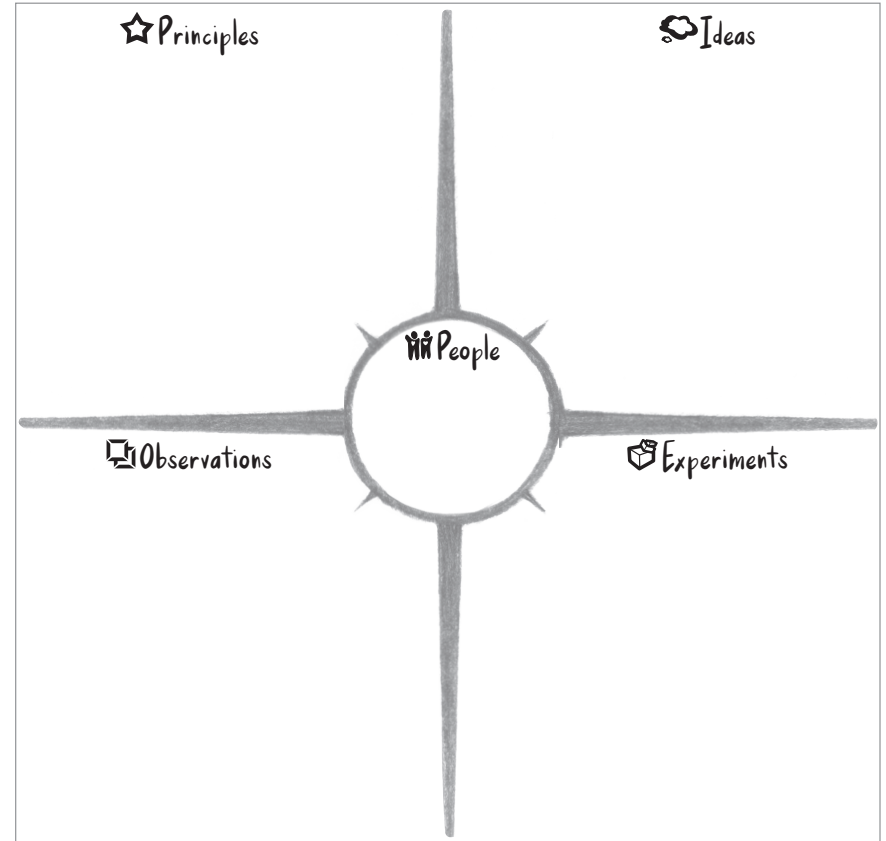
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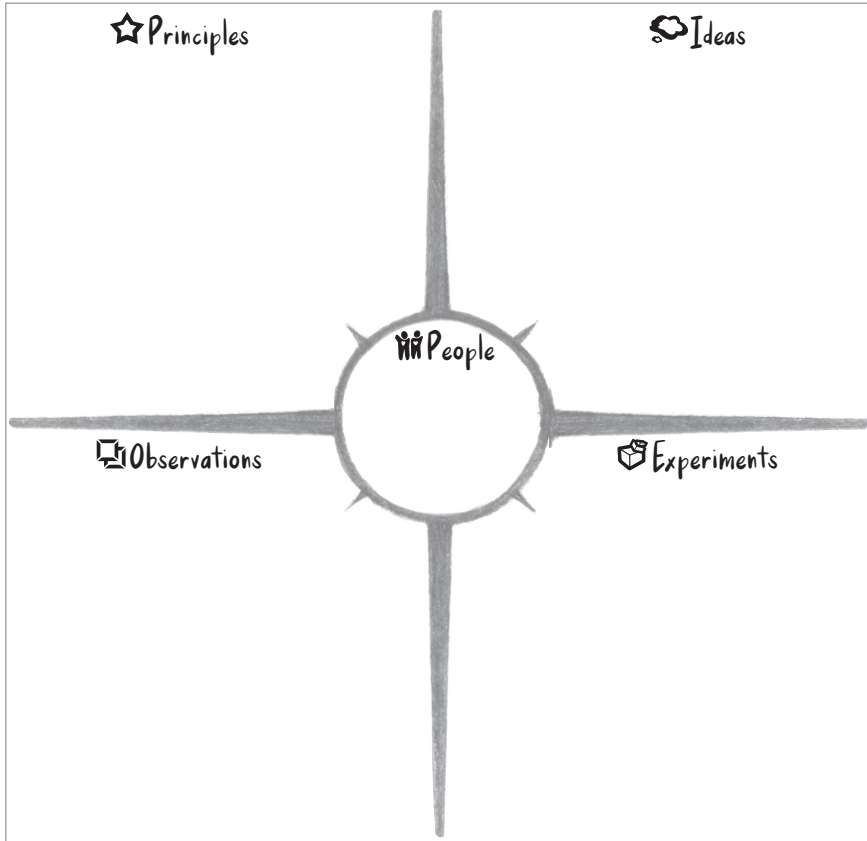
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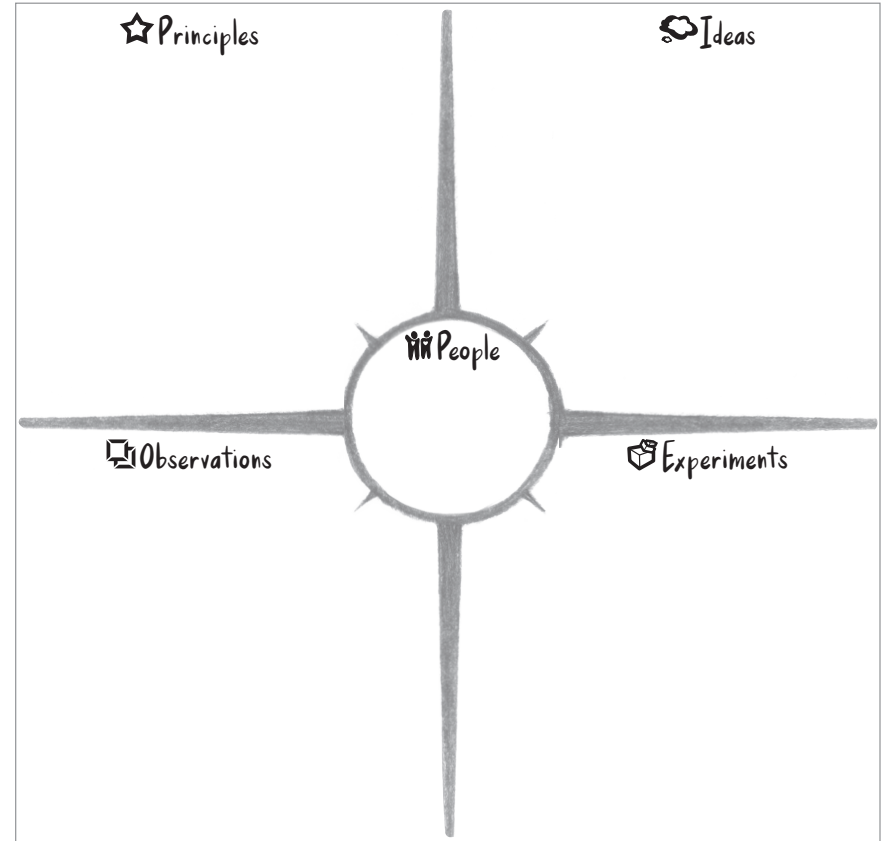
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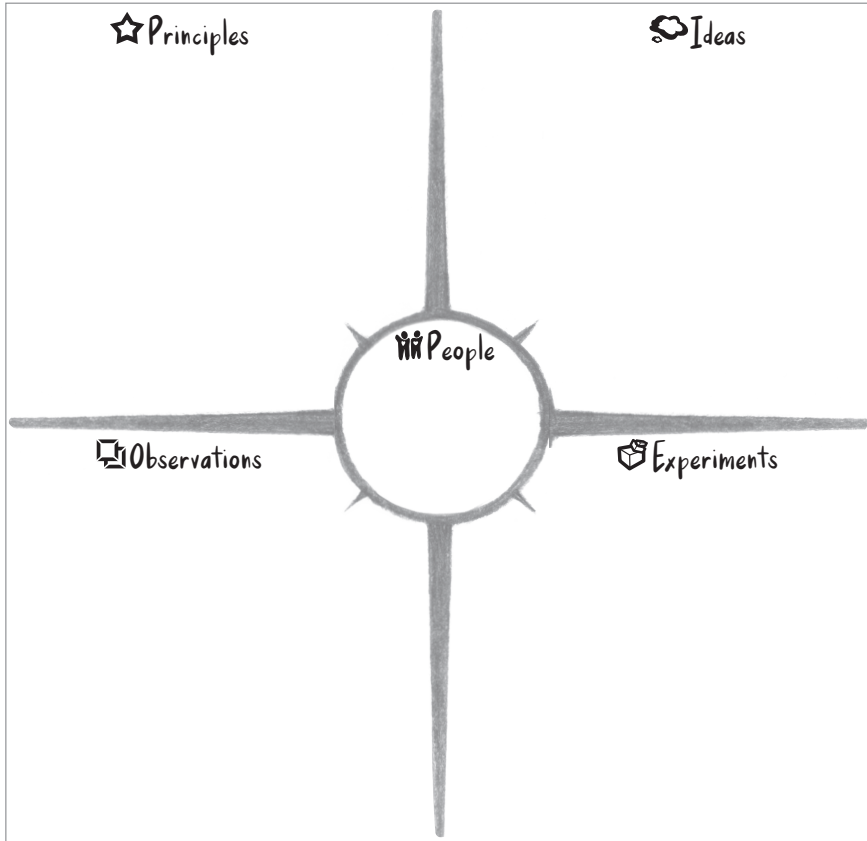
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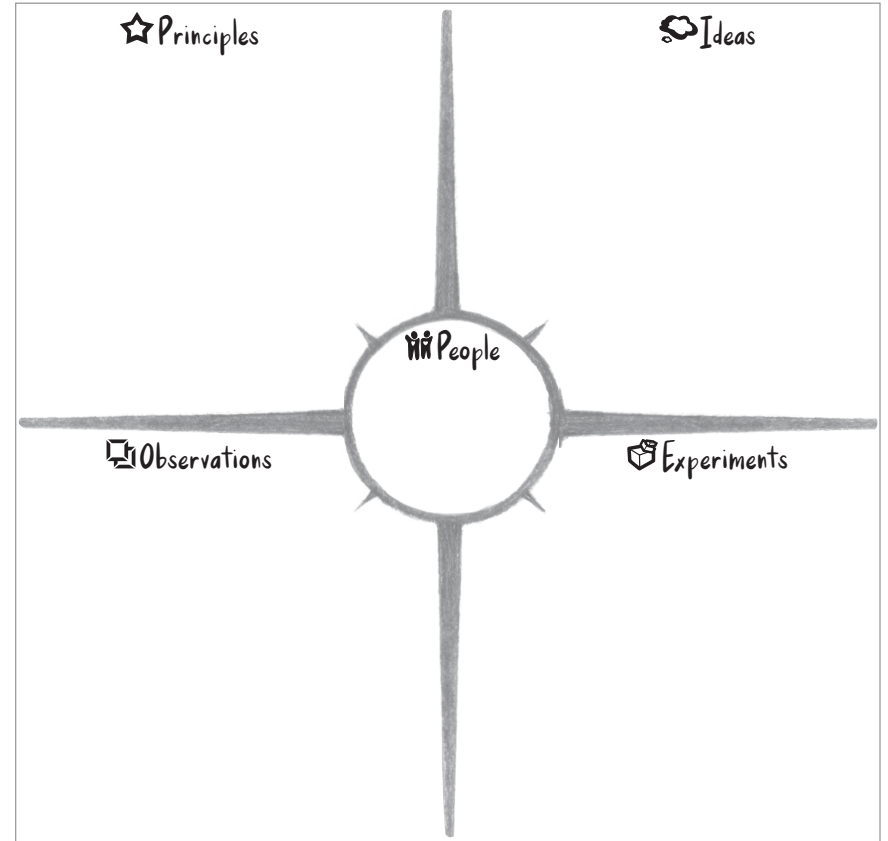
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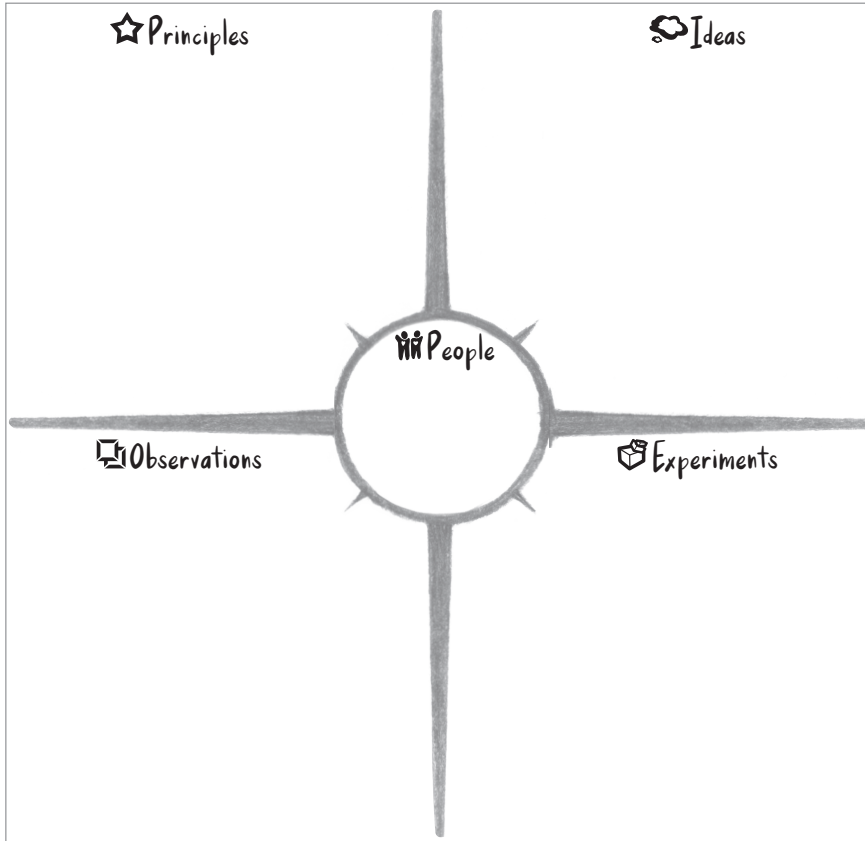
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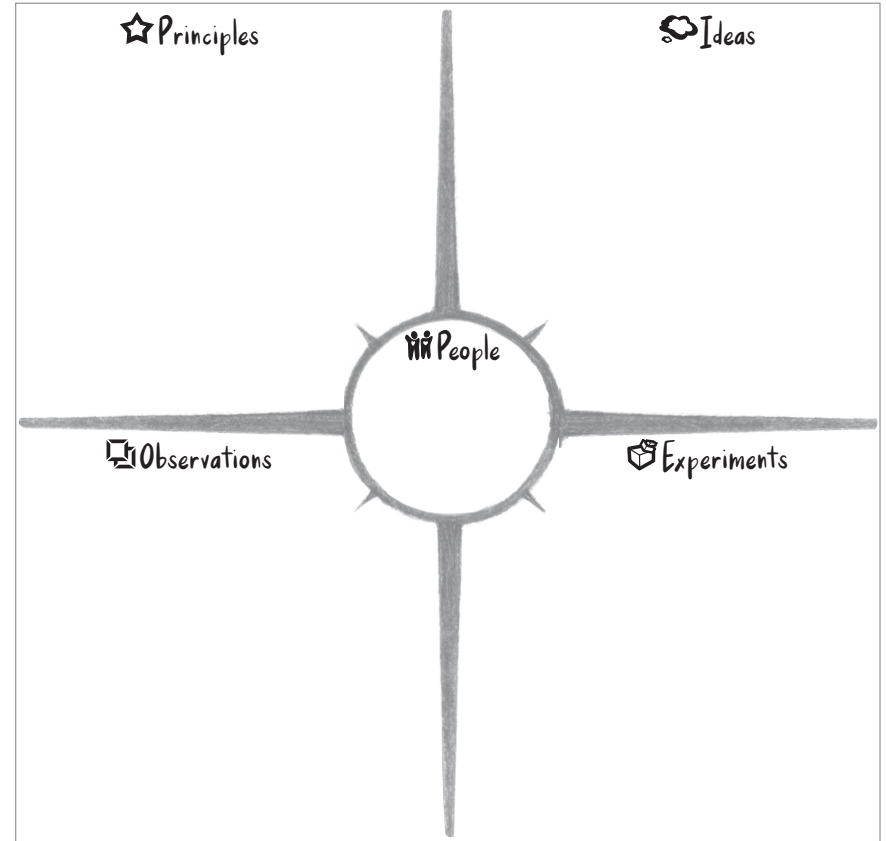
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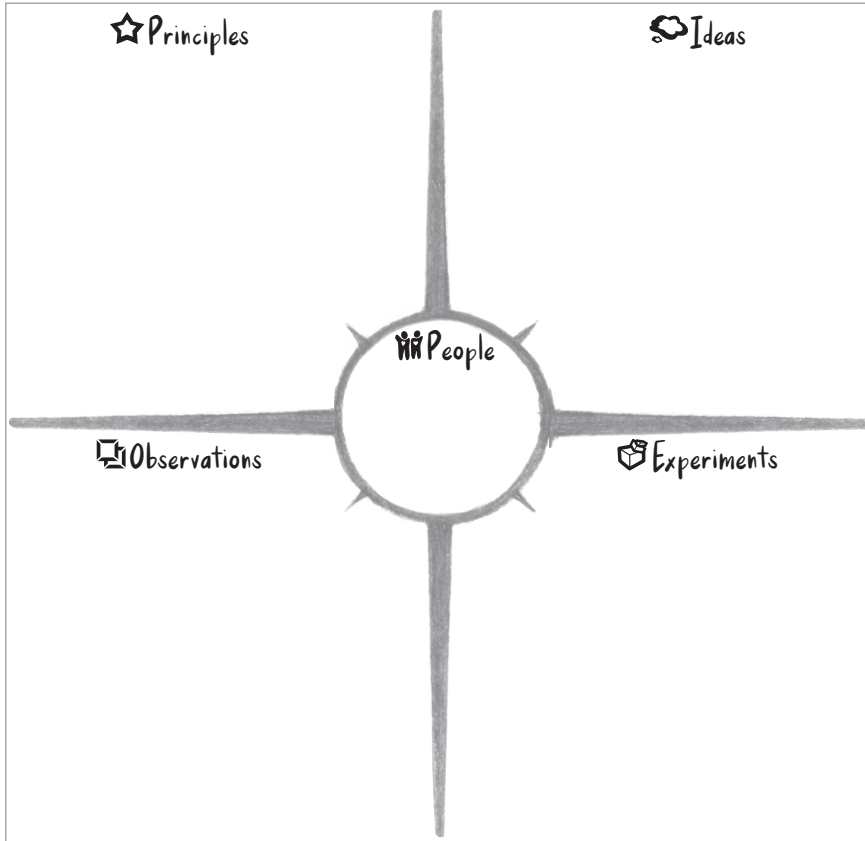
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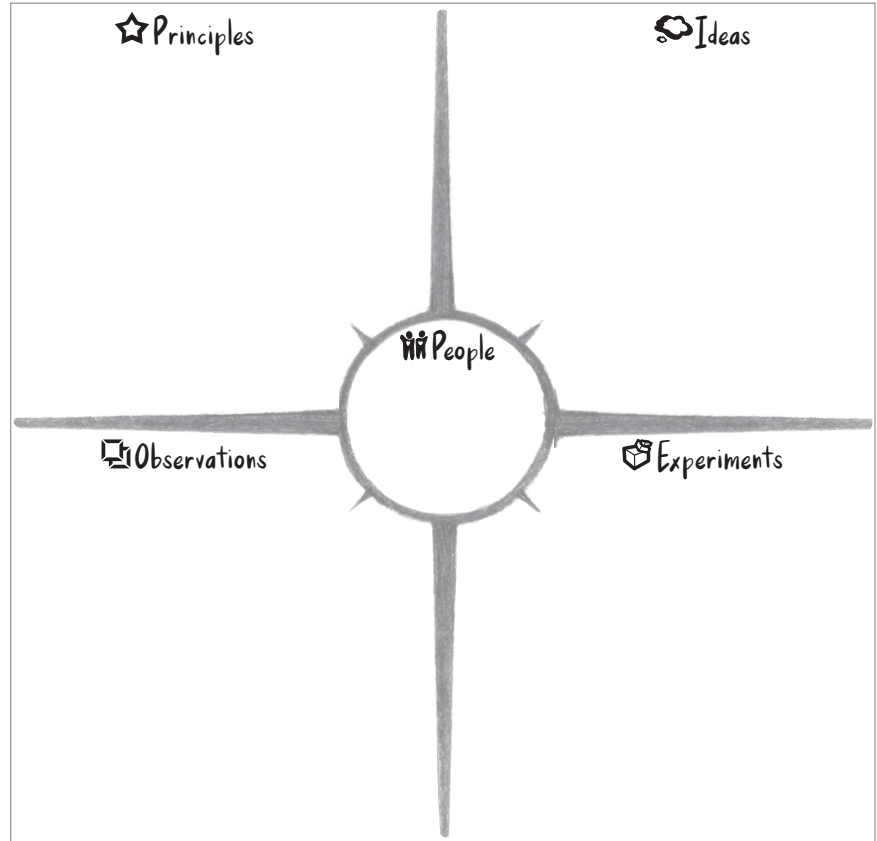
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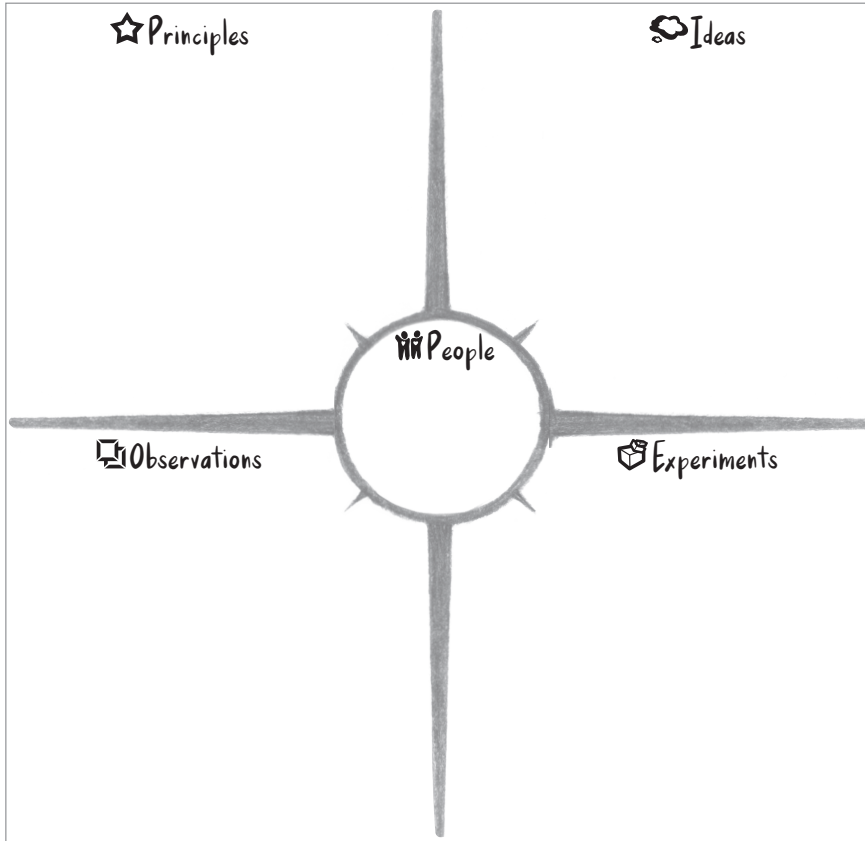
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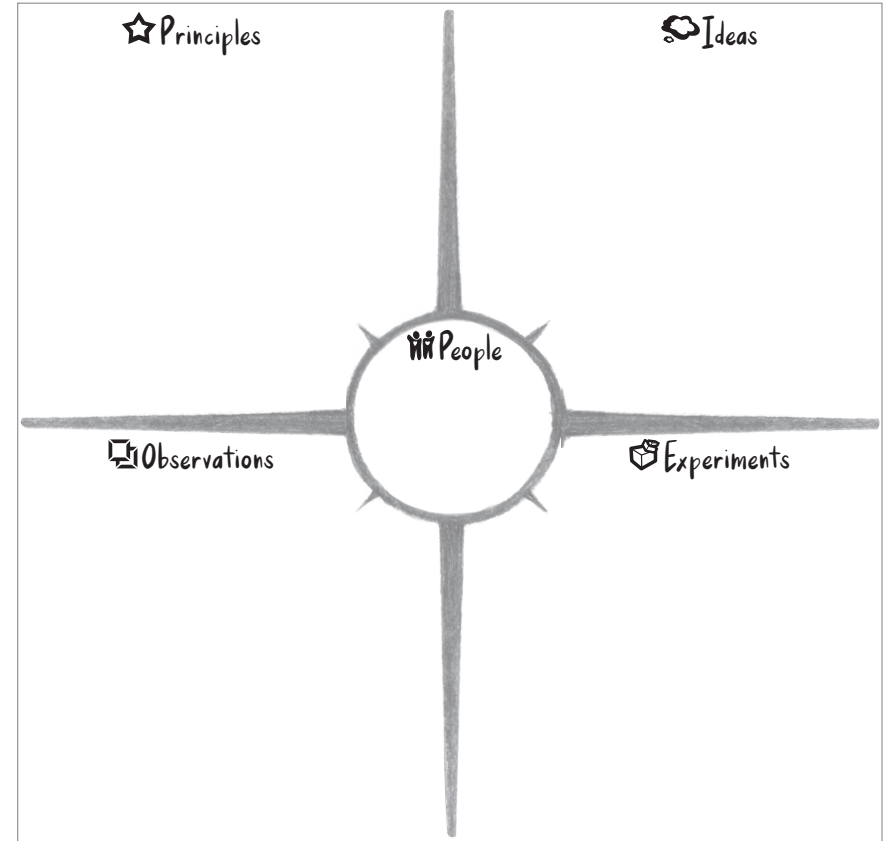
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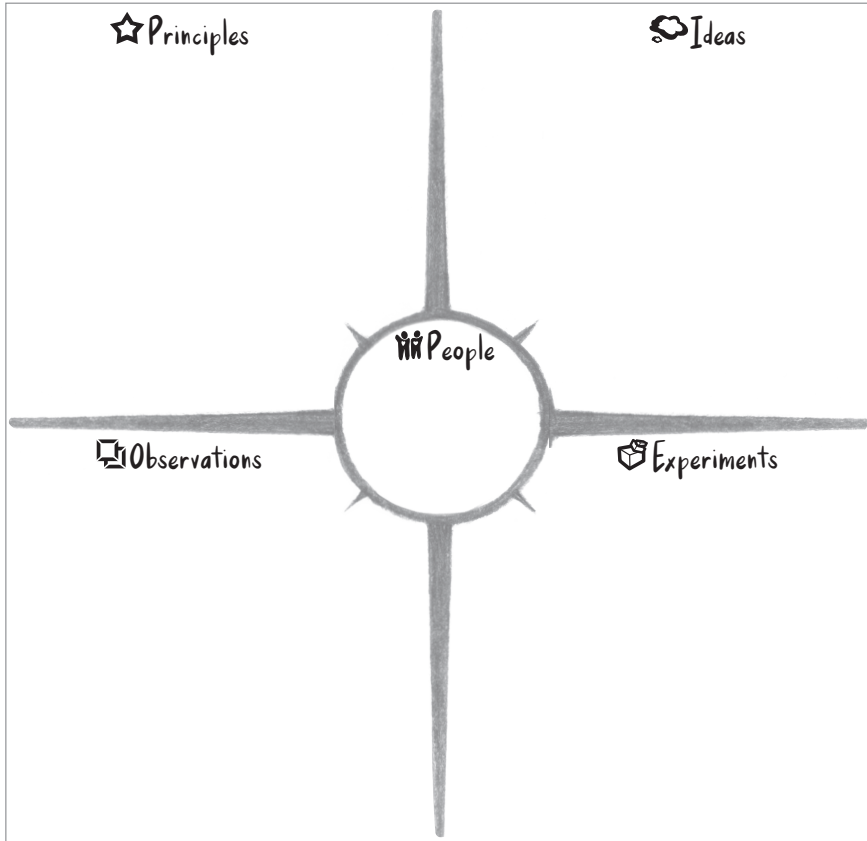
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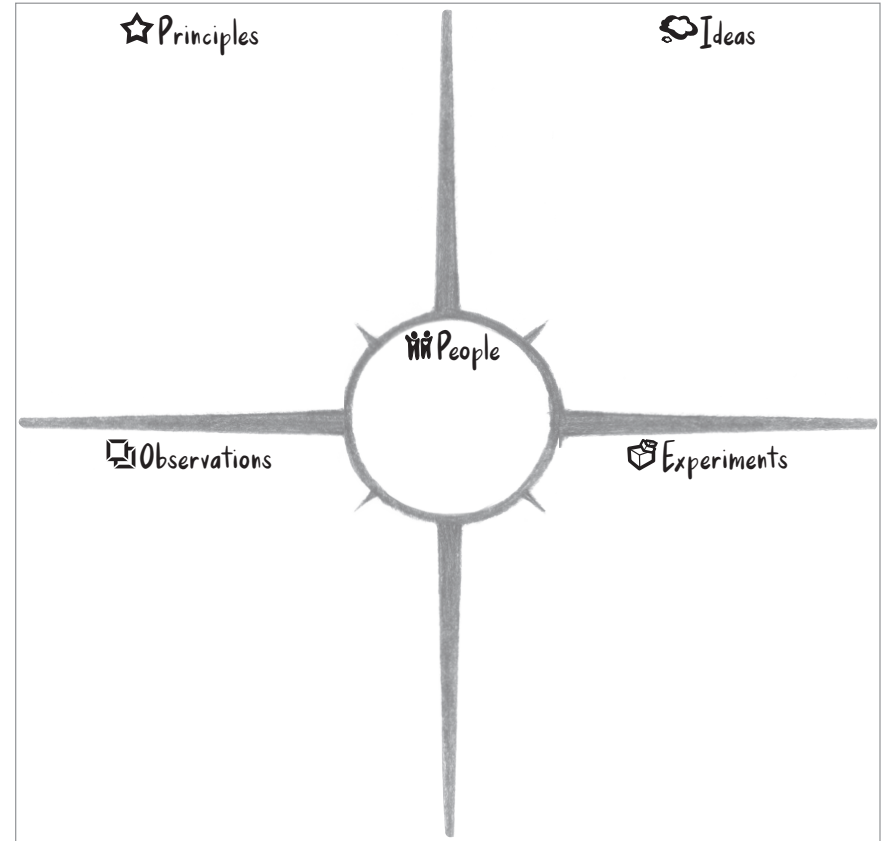
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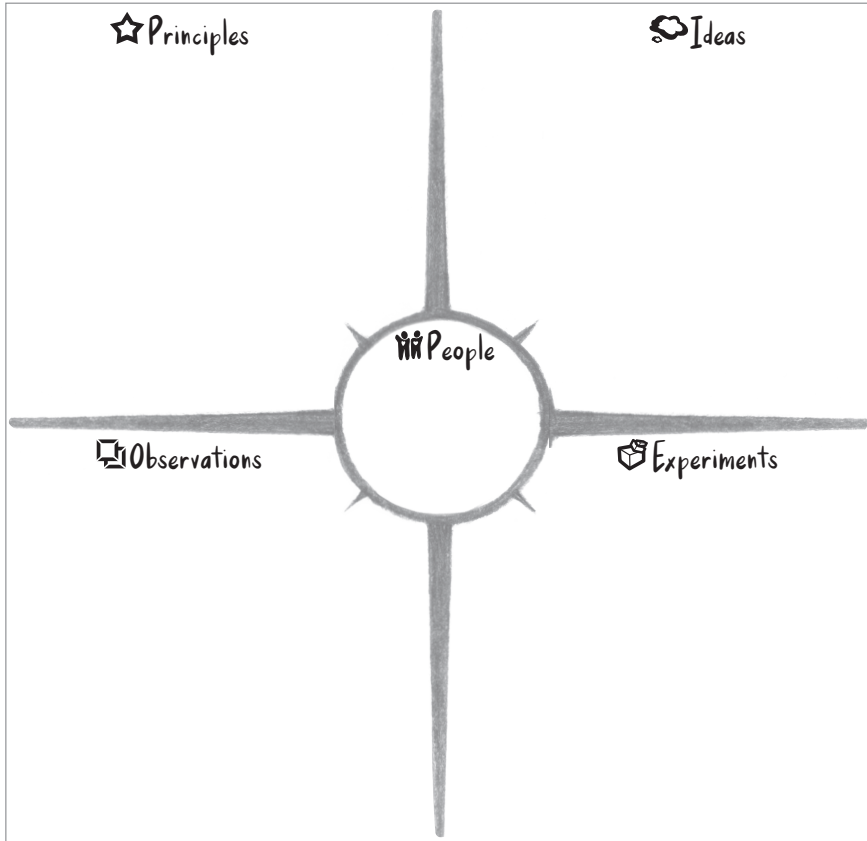
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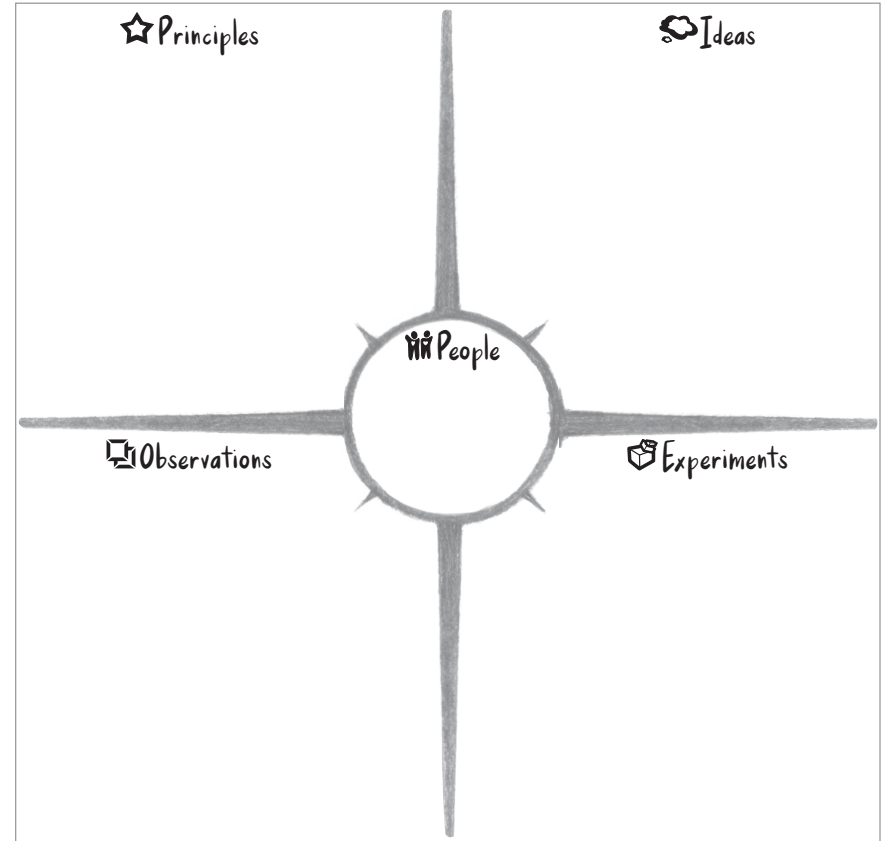
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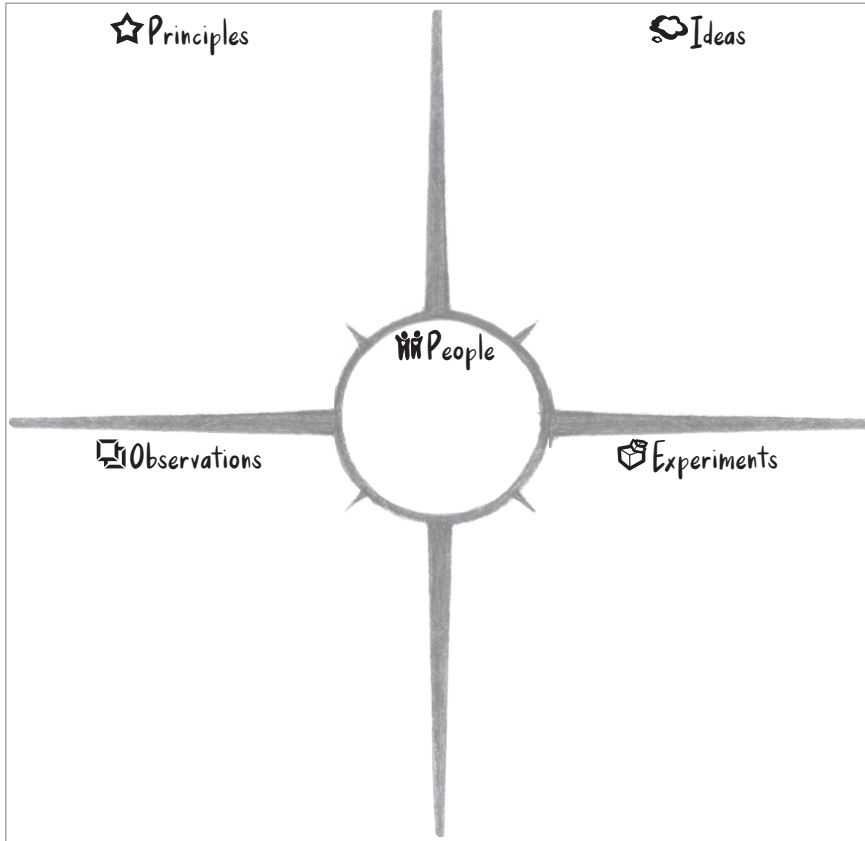
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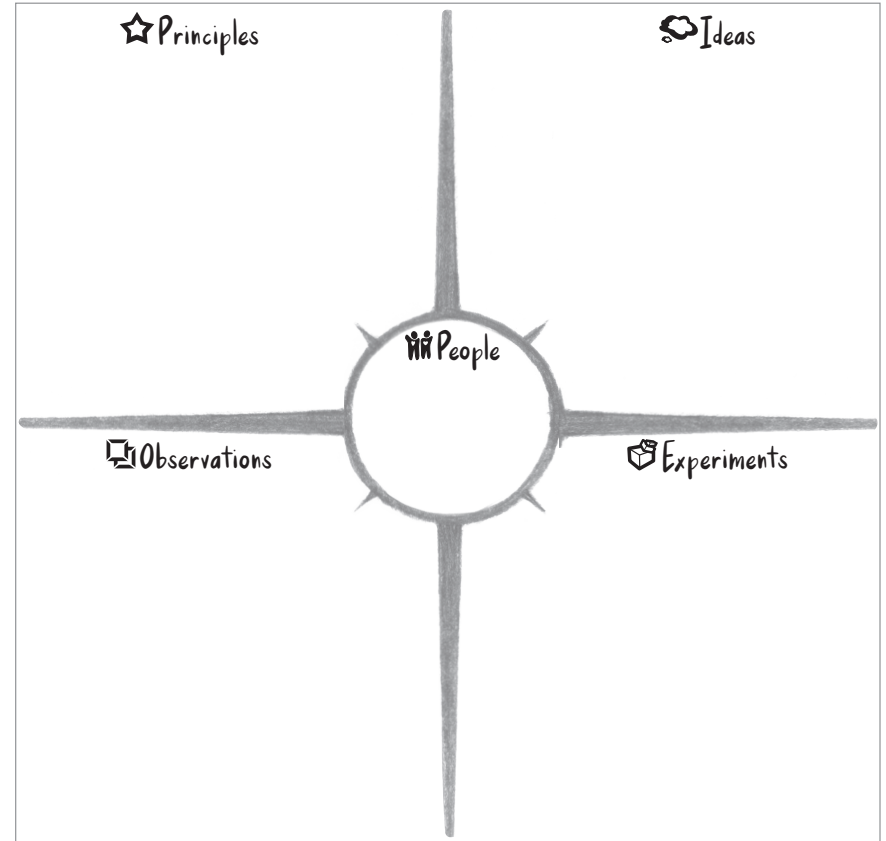
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# End-of Month Reflection

Interesting patterns that came up over the month?

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How did this month of mindful minutes feel? Why?

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Other reflections or ideas for the future?

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