

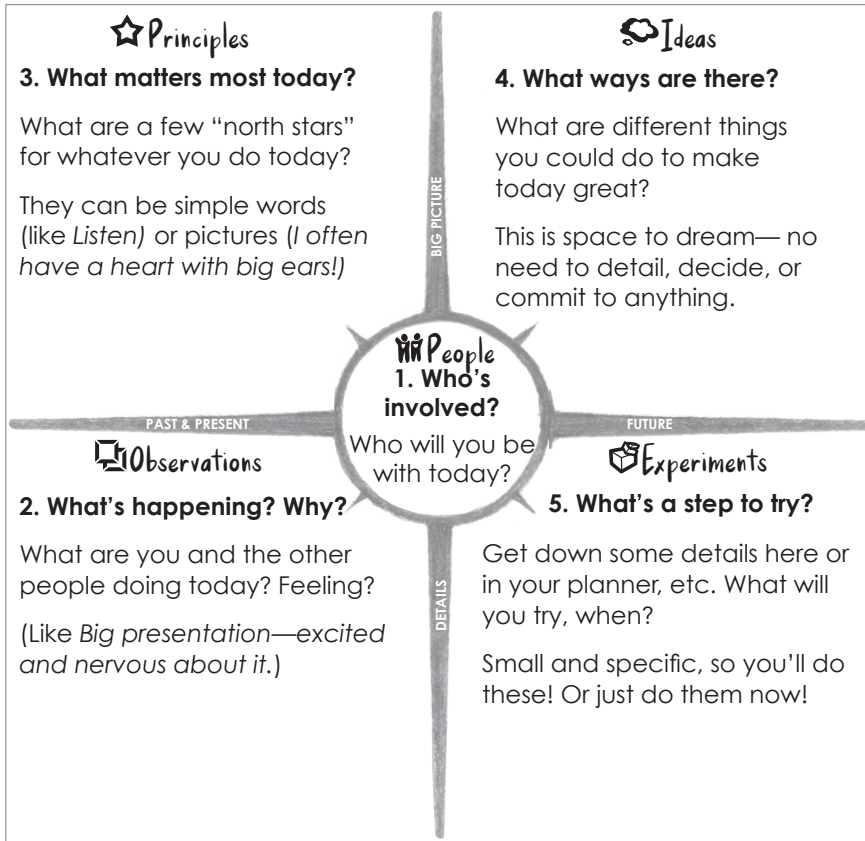
Month of Mindful Minutes

# 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. Do 1-5 minutes and whatever questions/order feel good. Guesses are fine—just add a ? mark!



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

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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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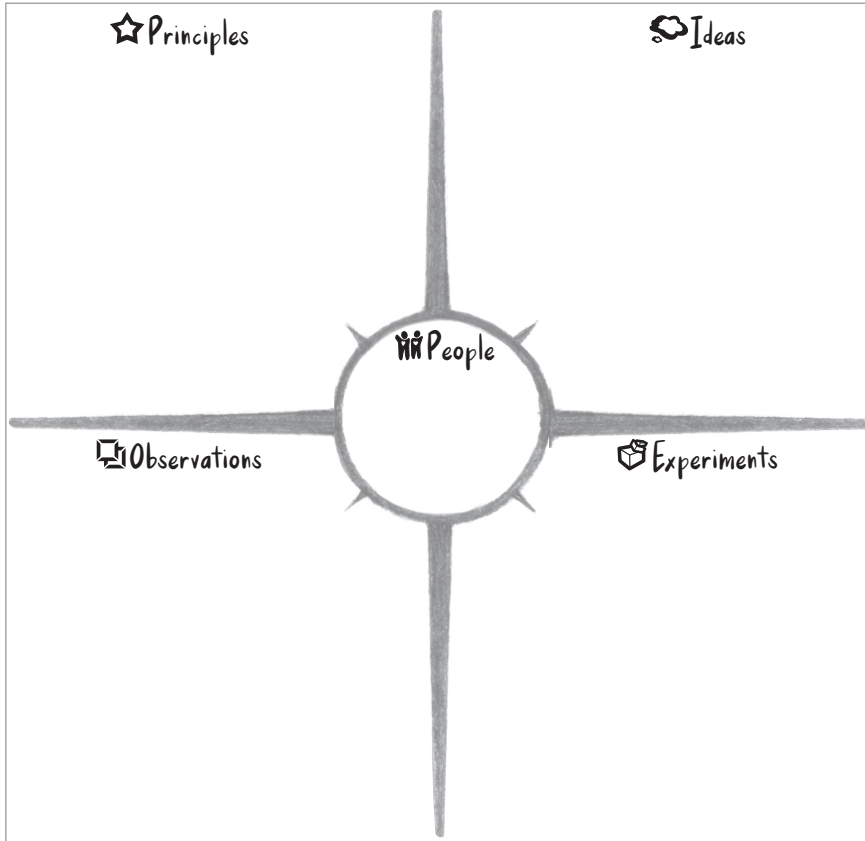
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Making \_\_\_\_\_ great!  
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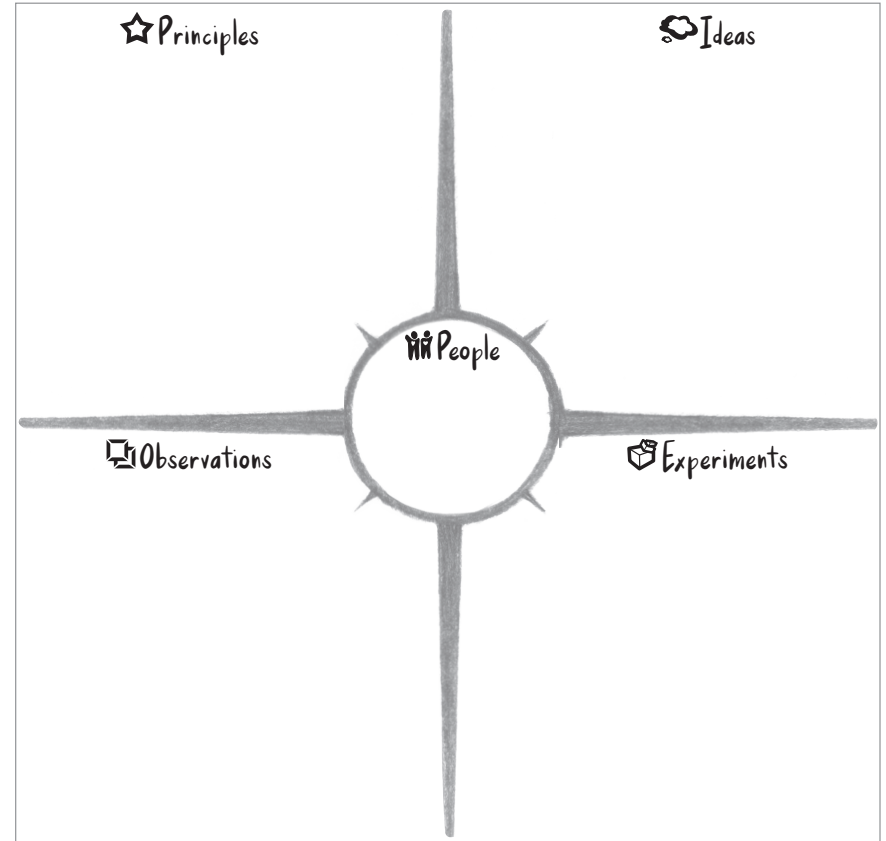
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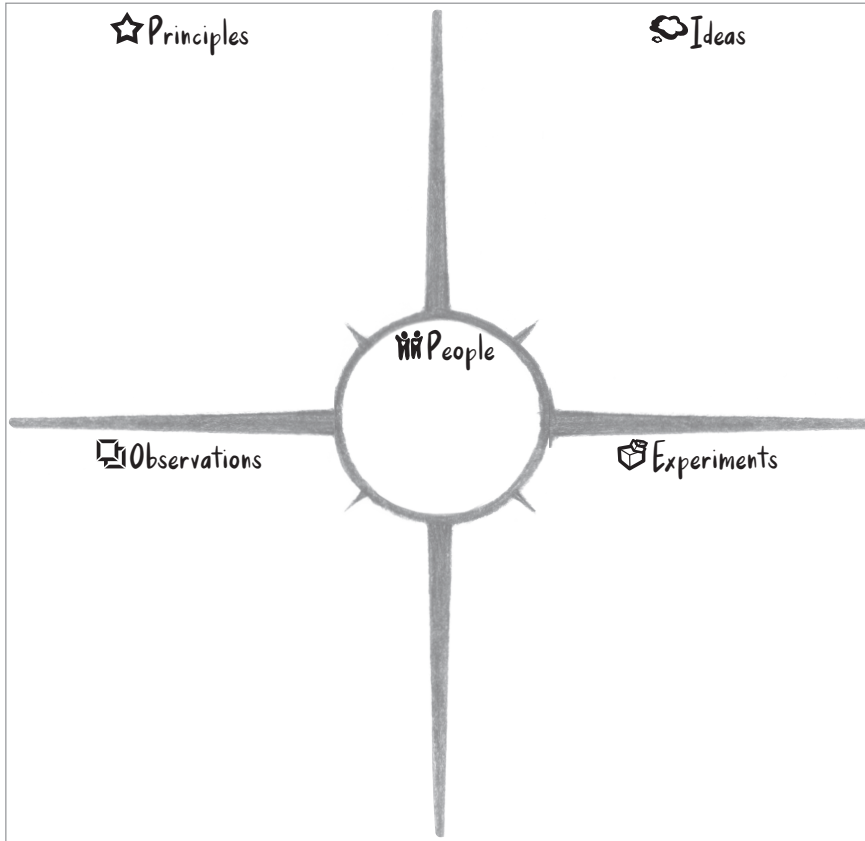
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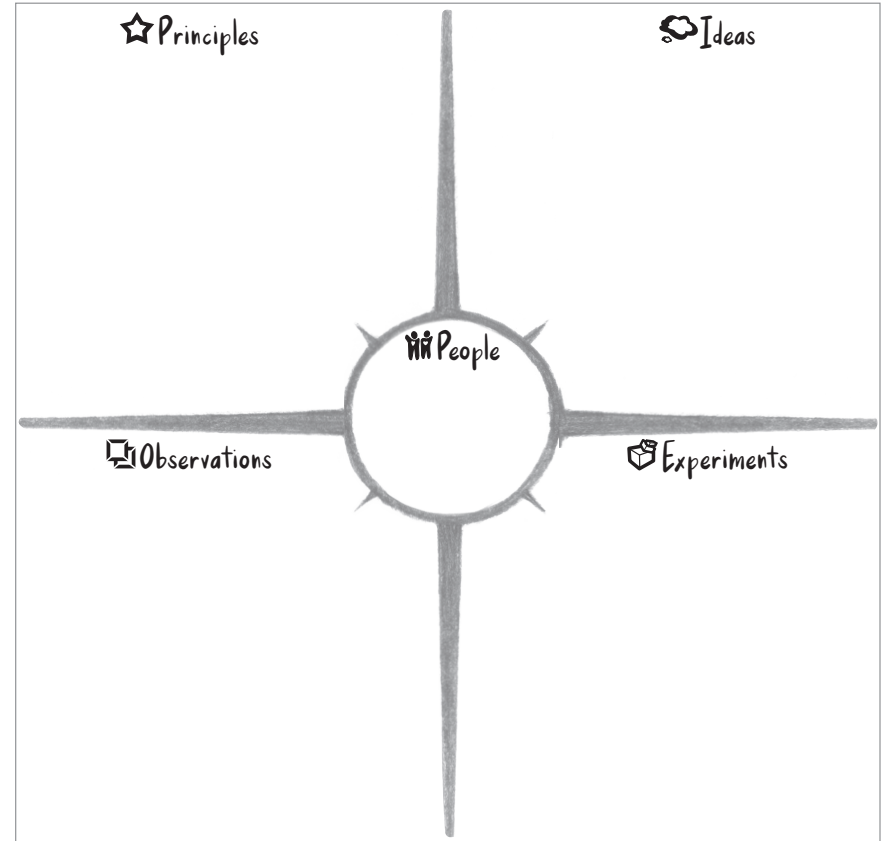
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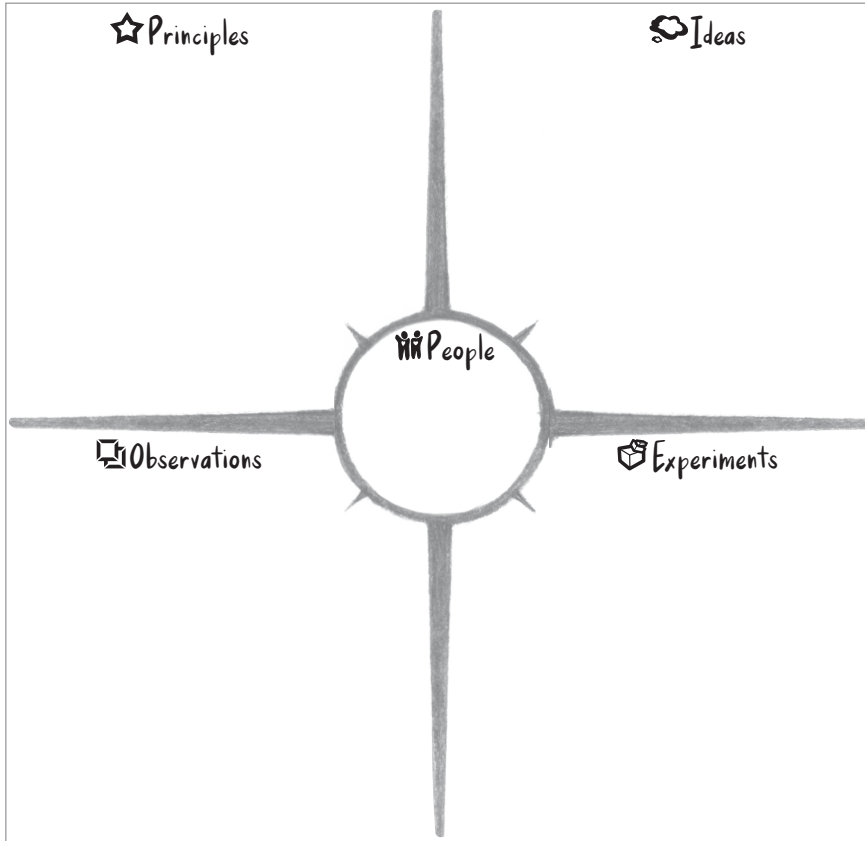
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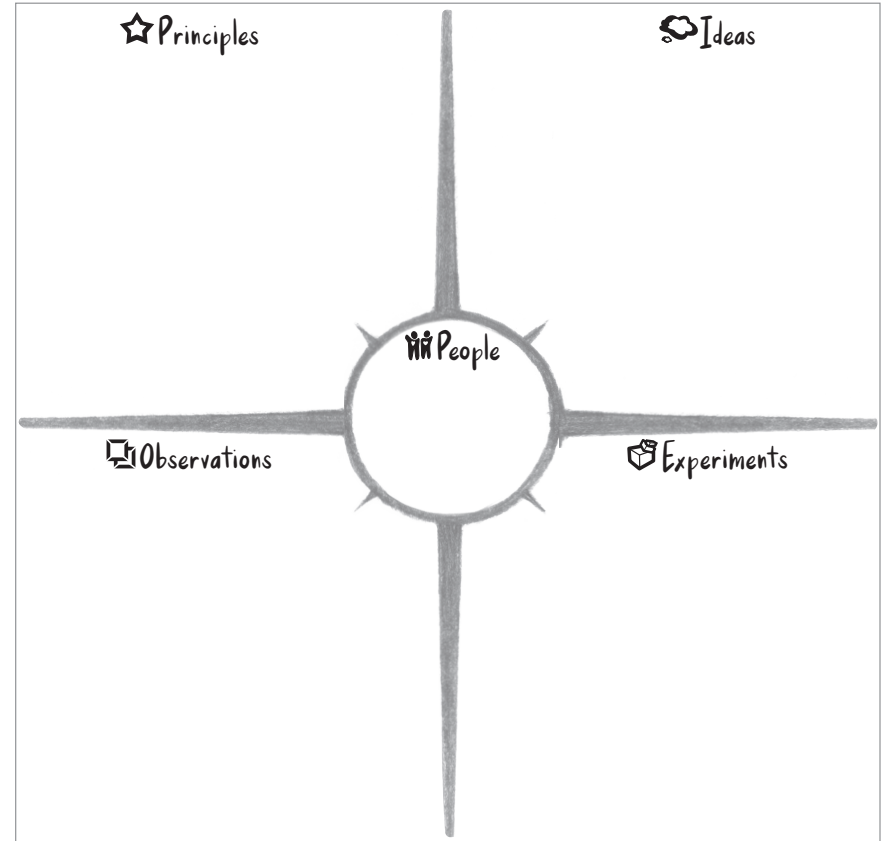
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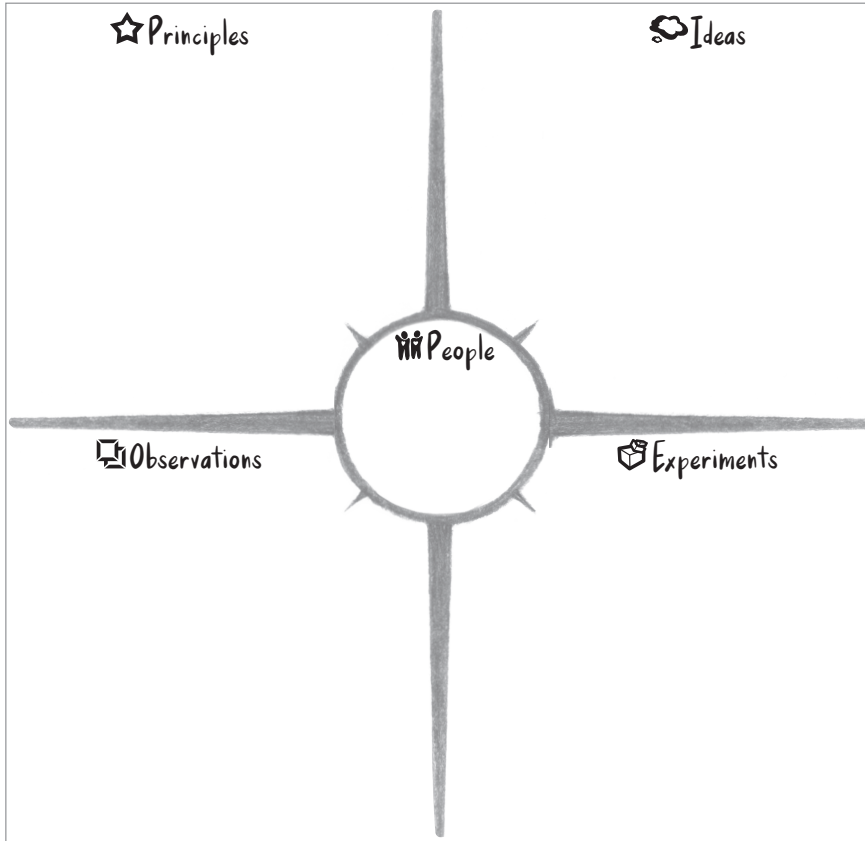
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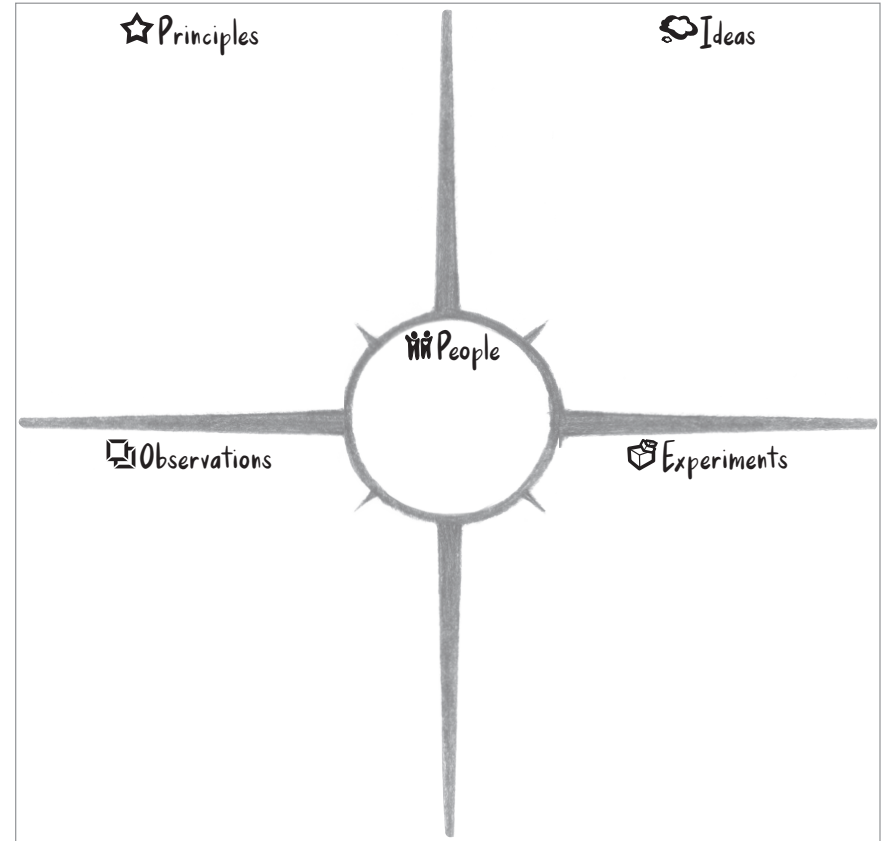
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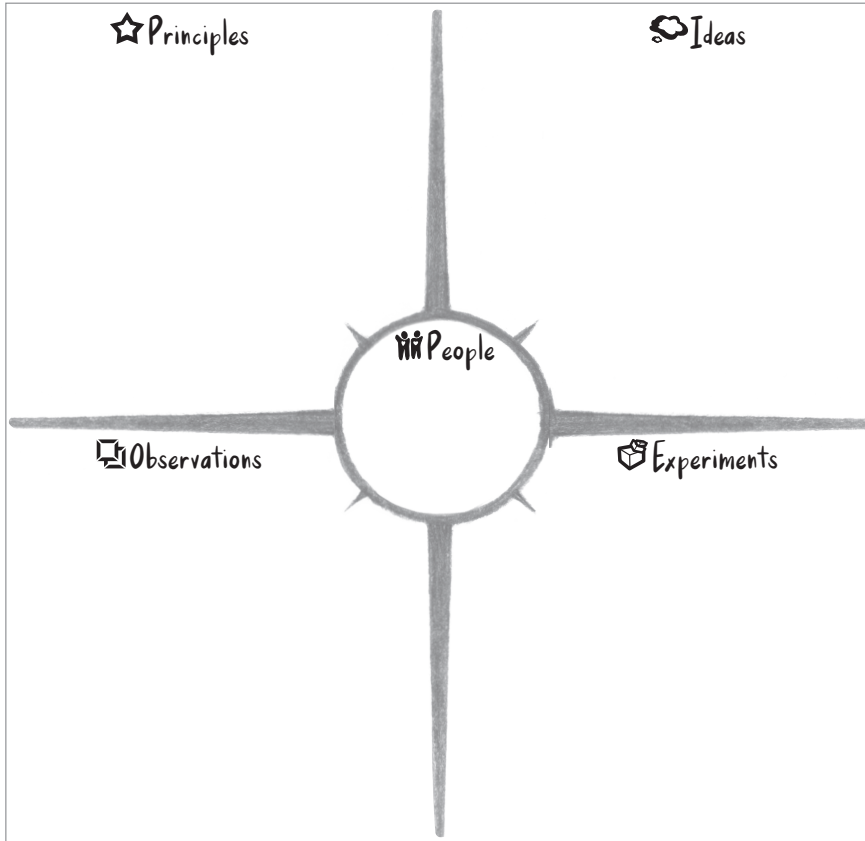
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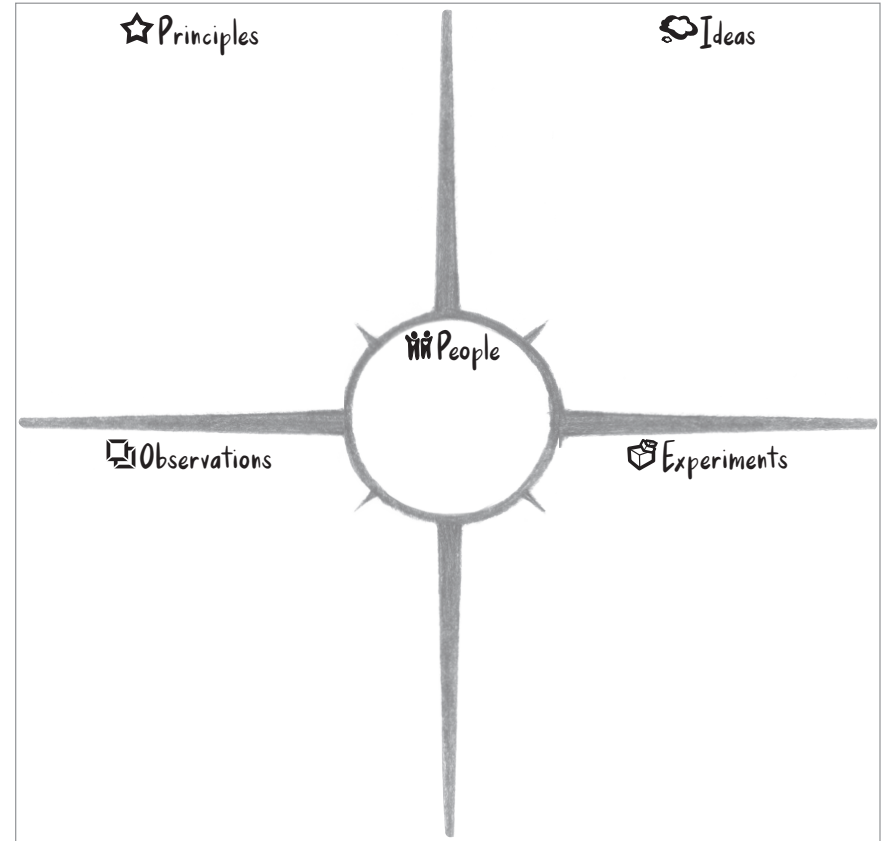
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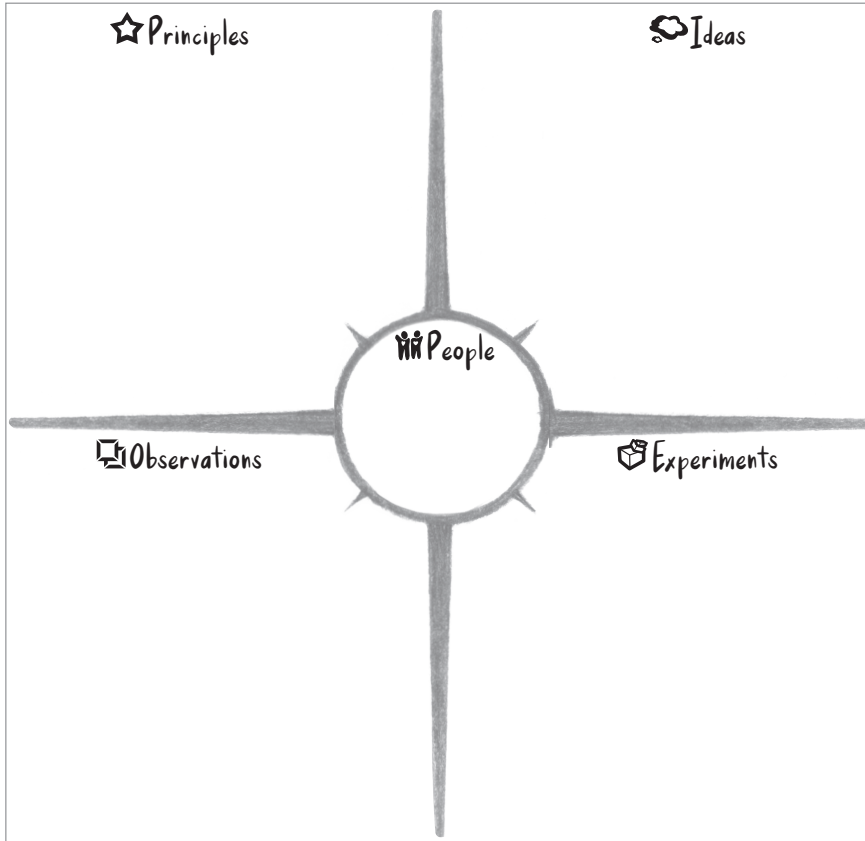
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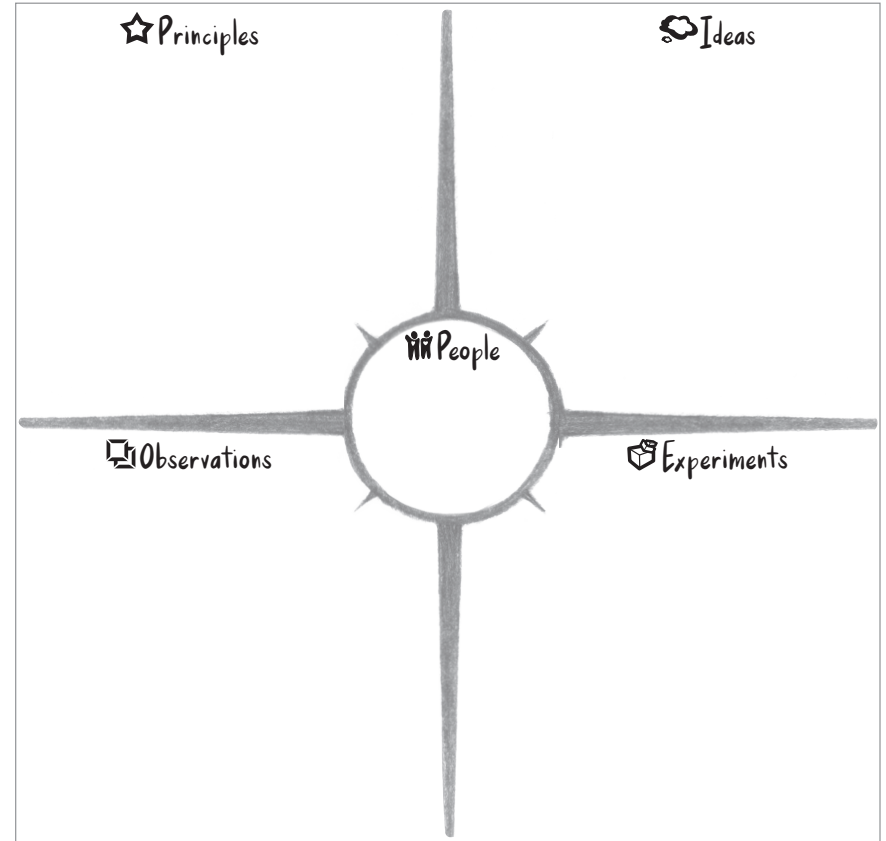
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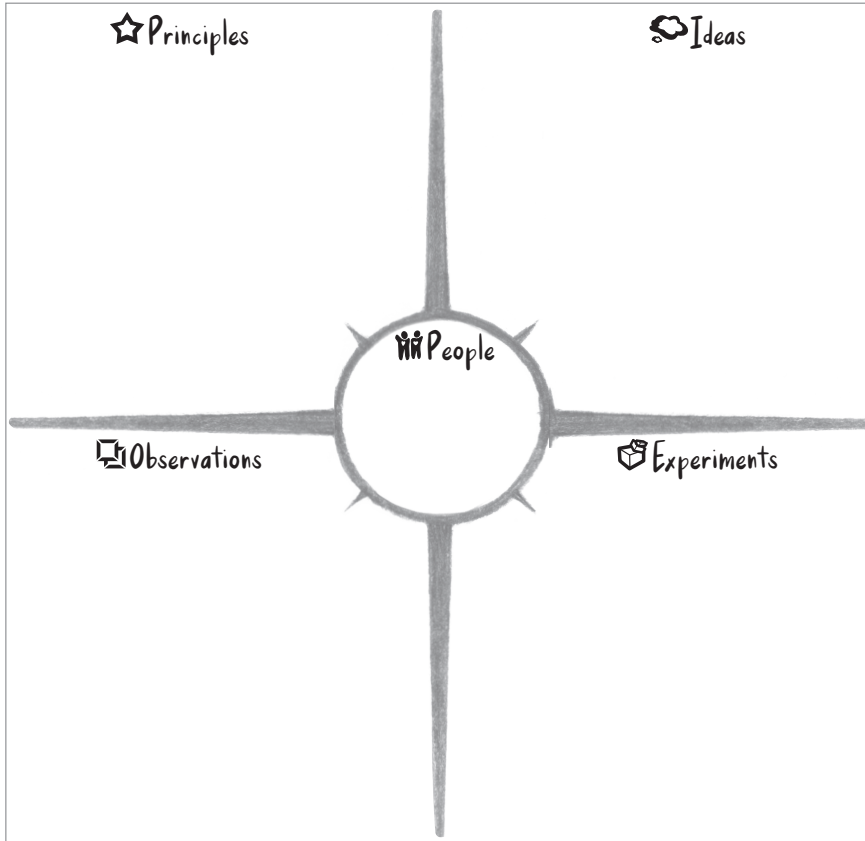
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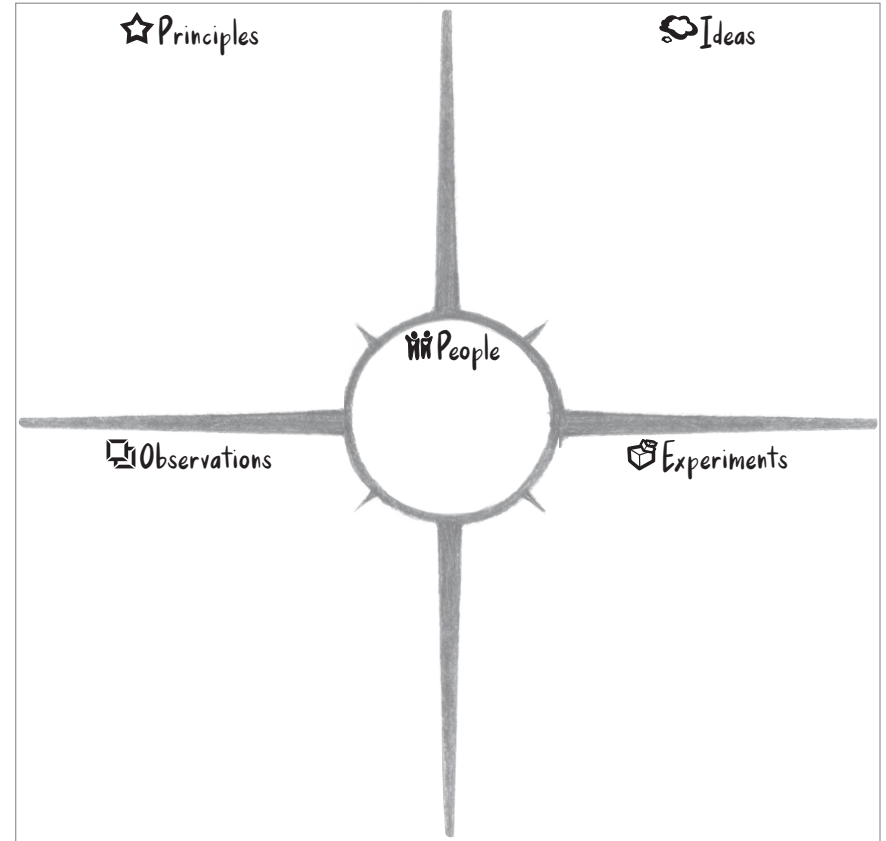
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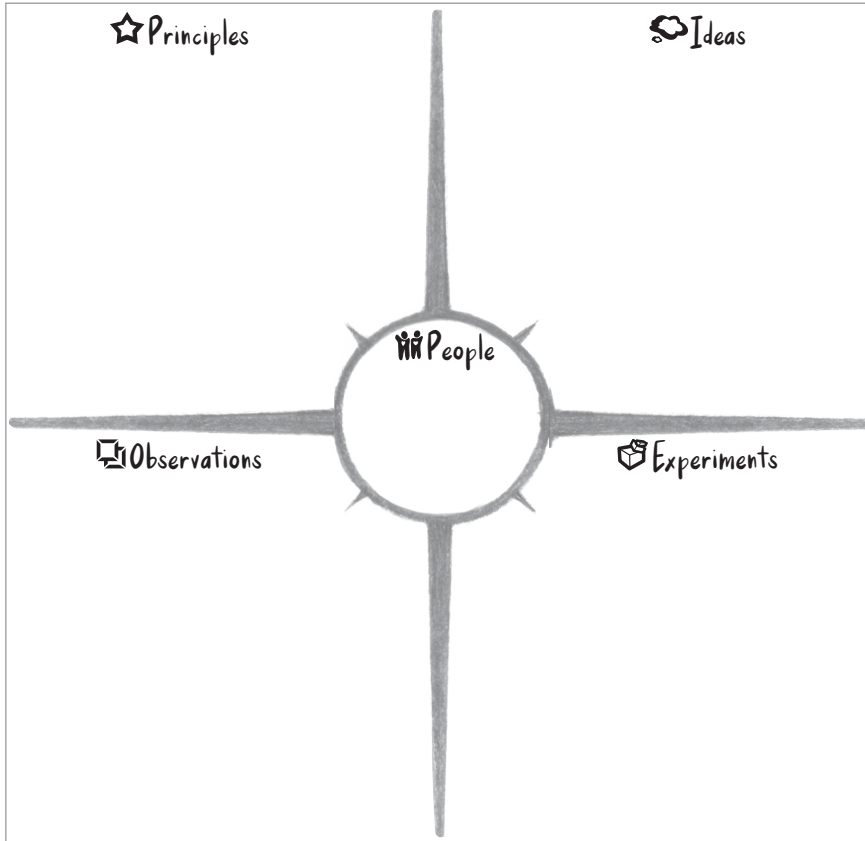
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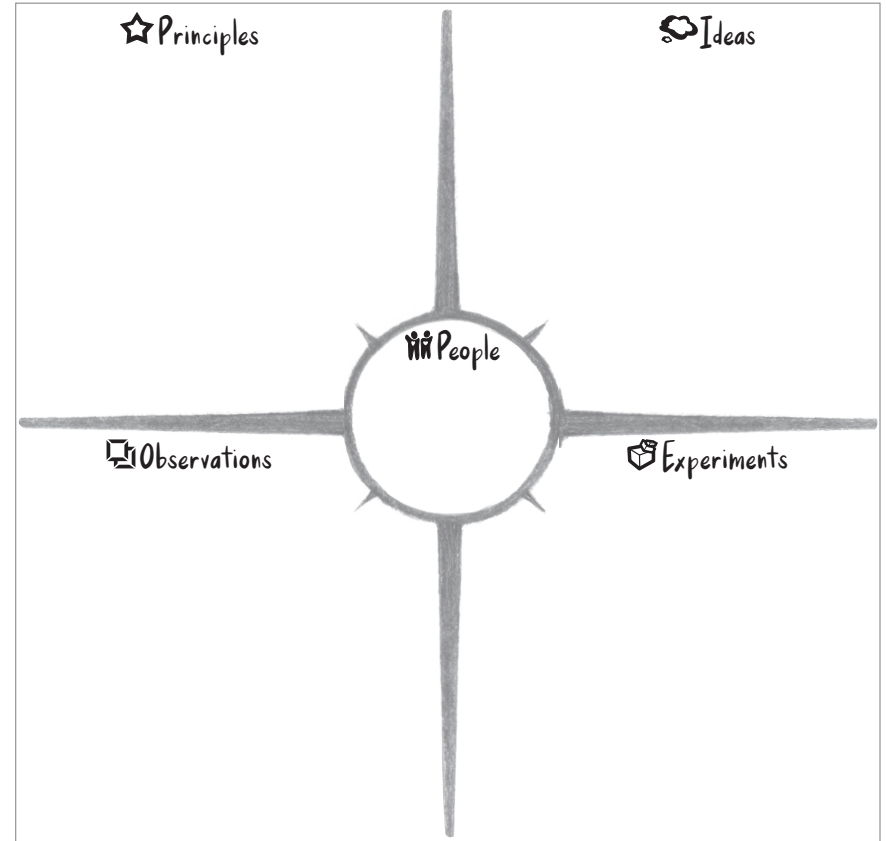
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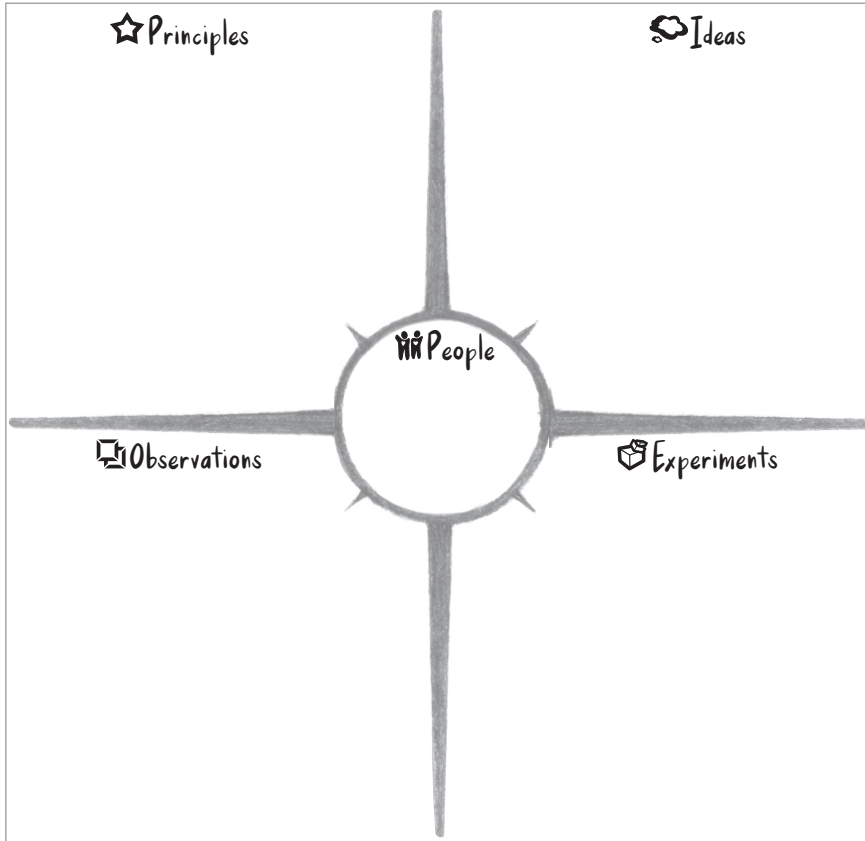
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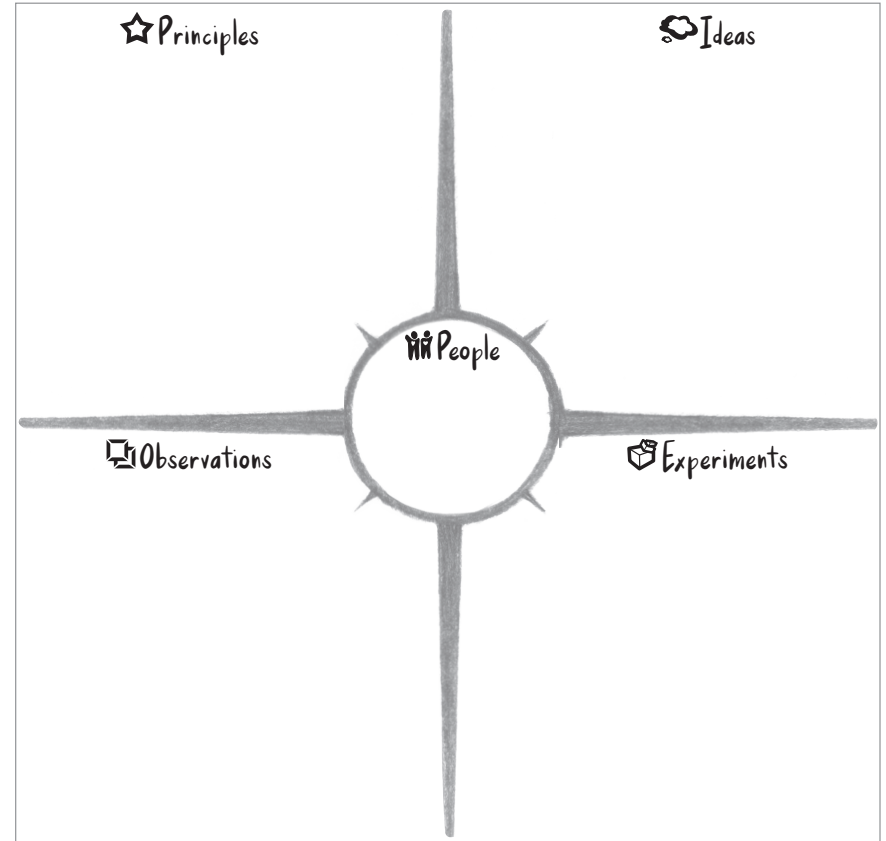
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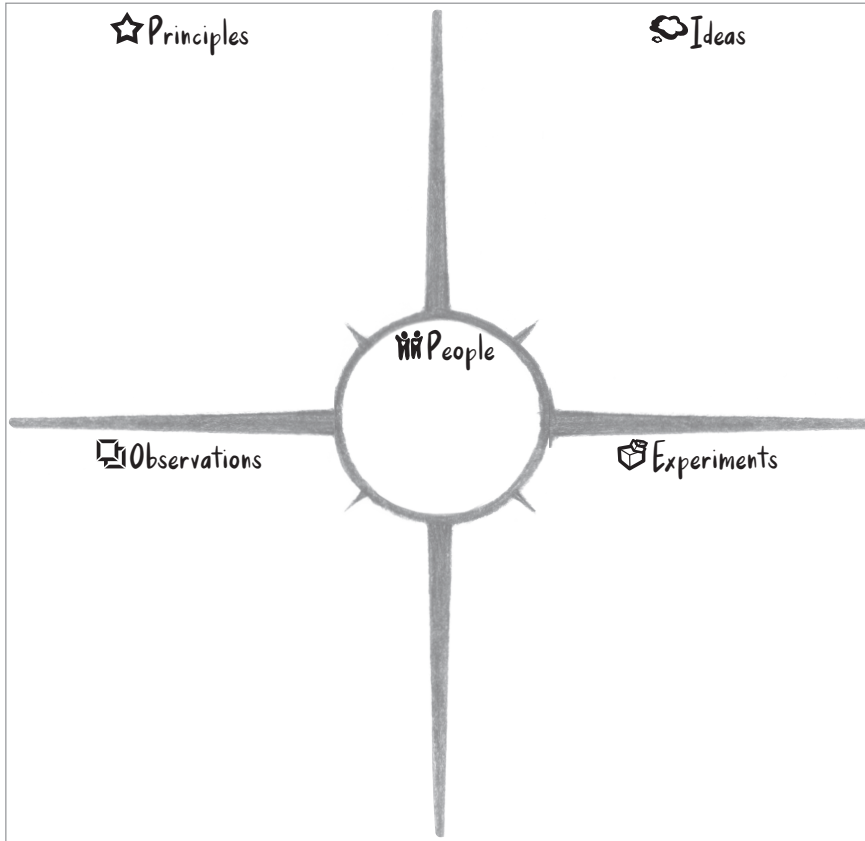
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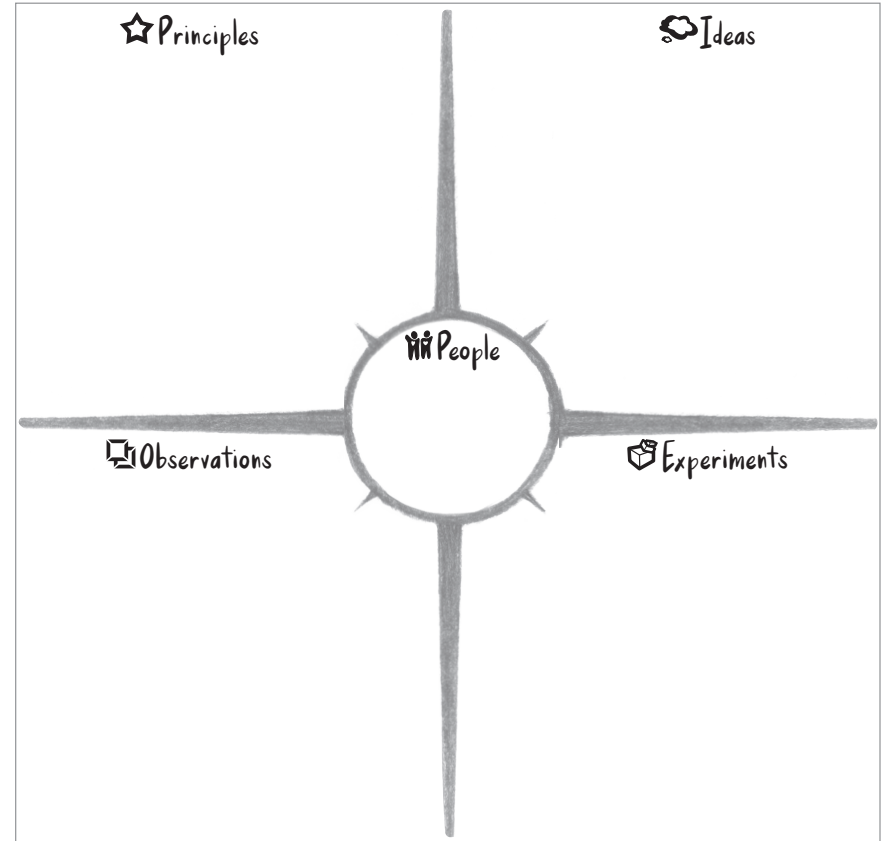
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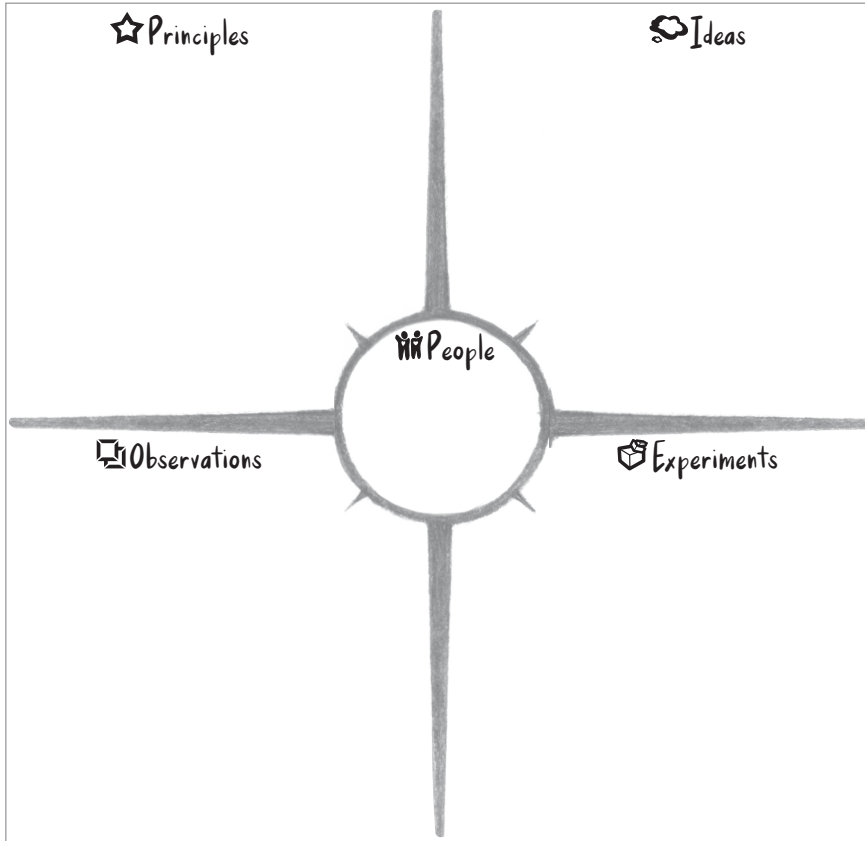
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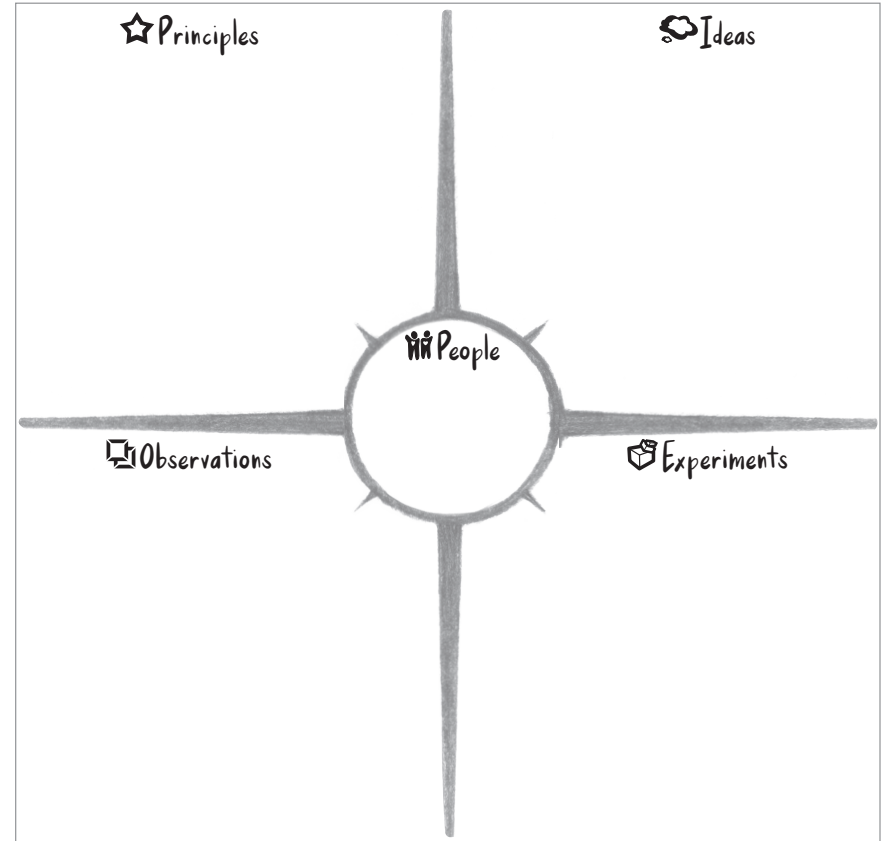
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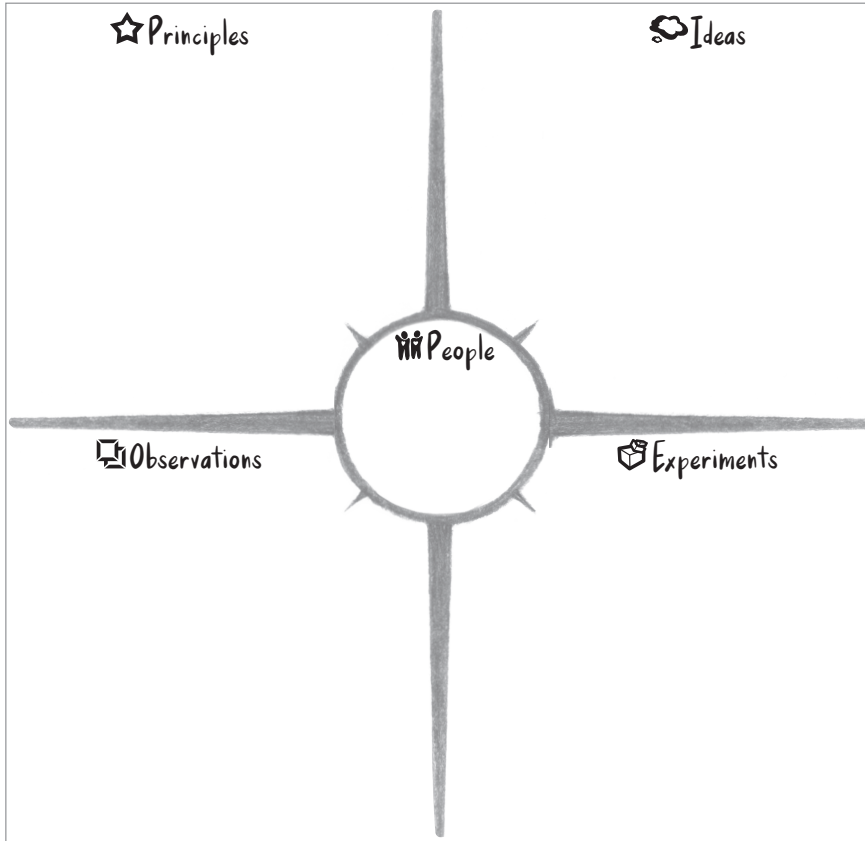
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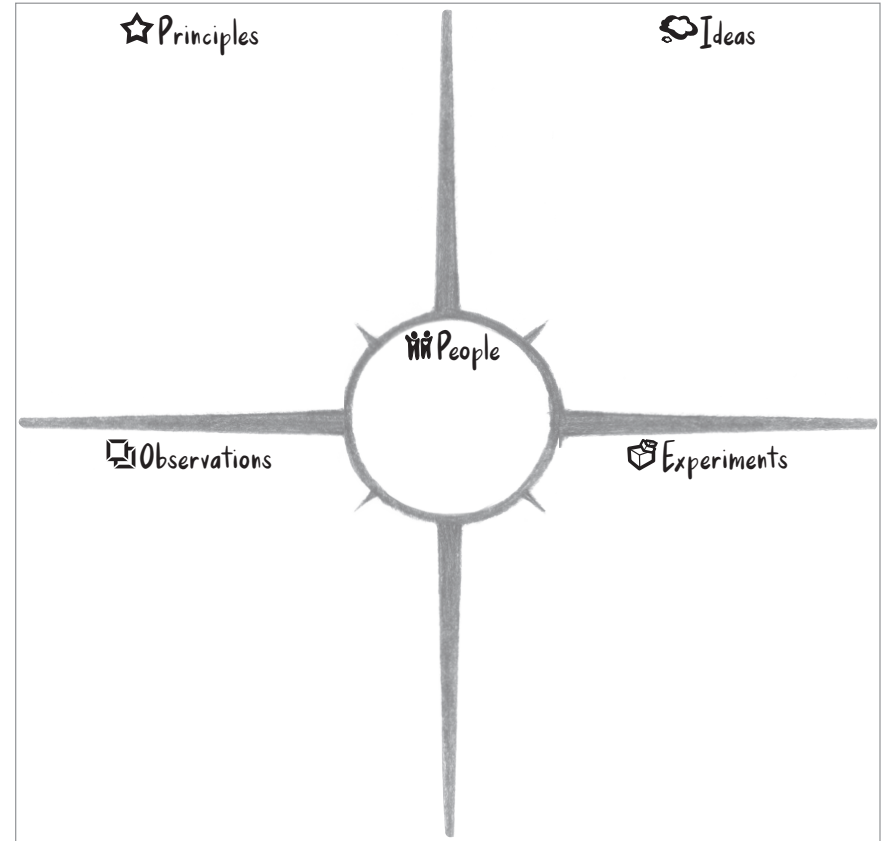
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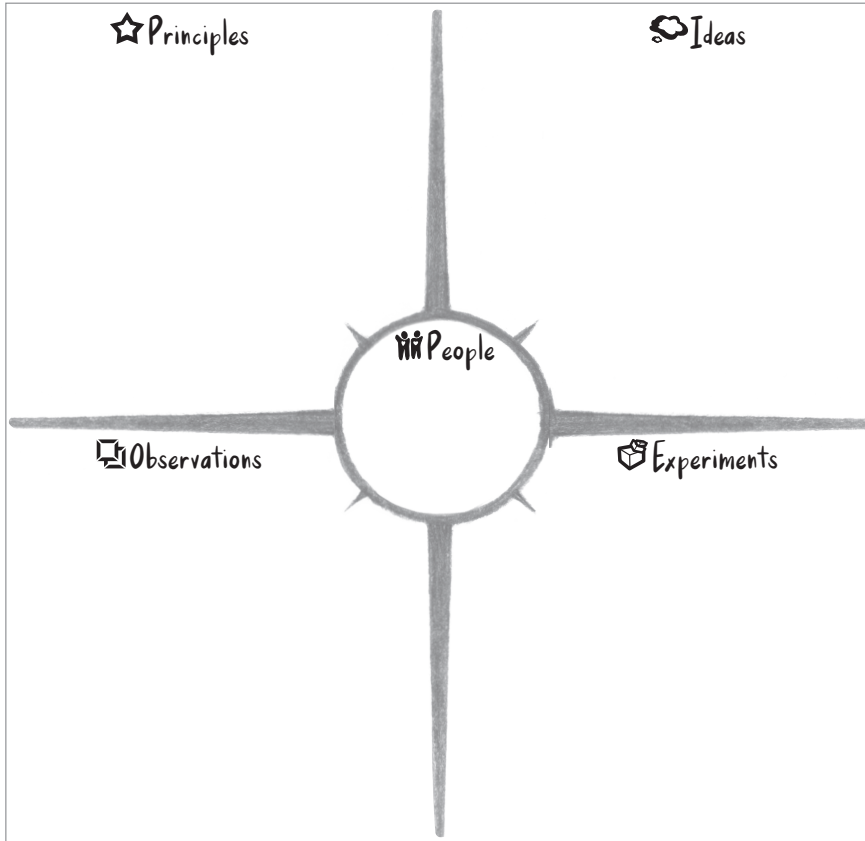
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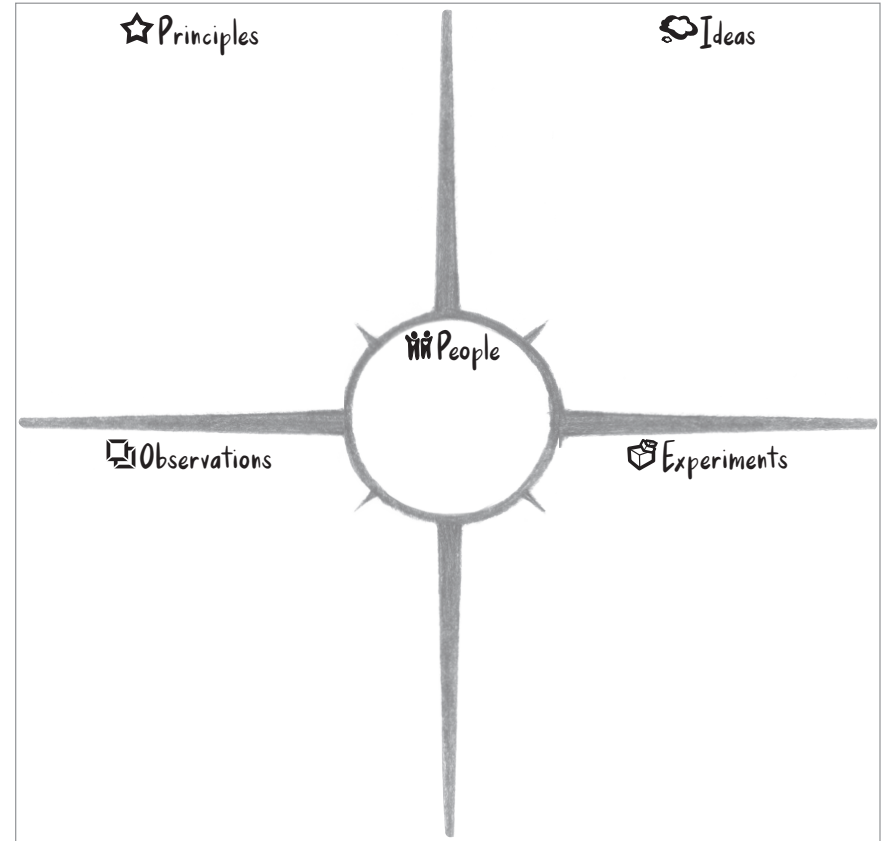
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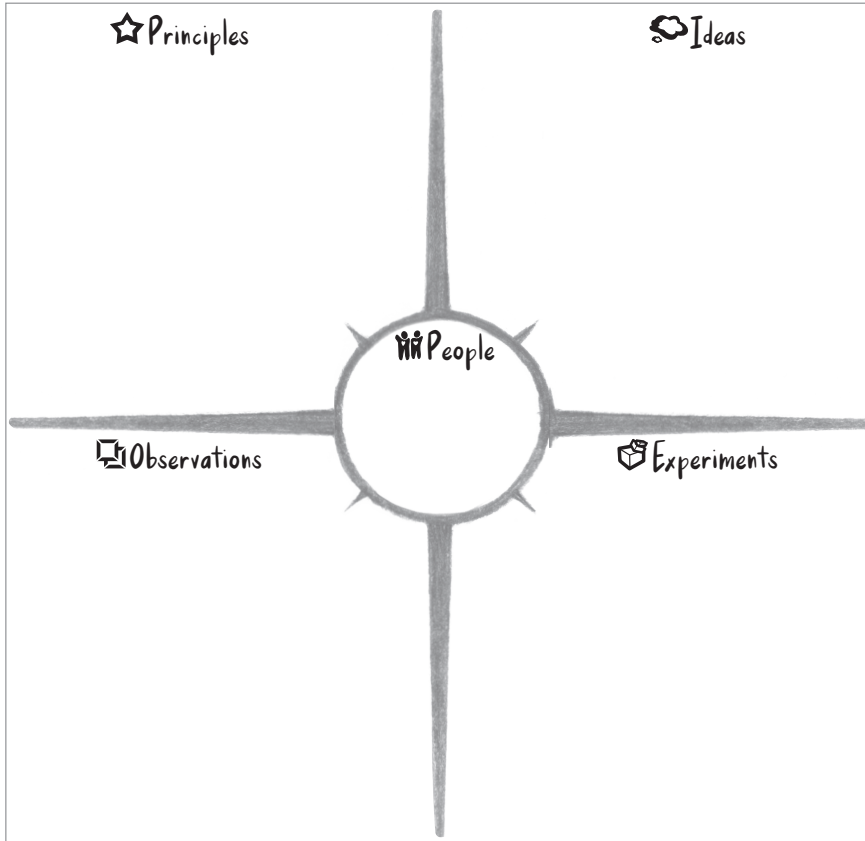
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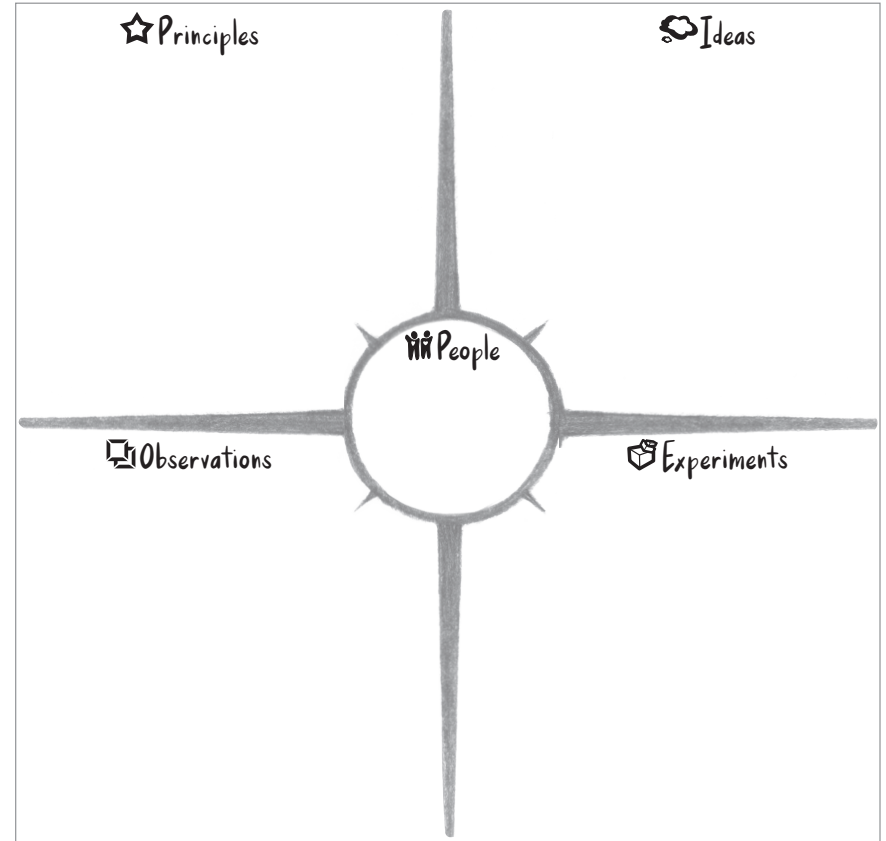
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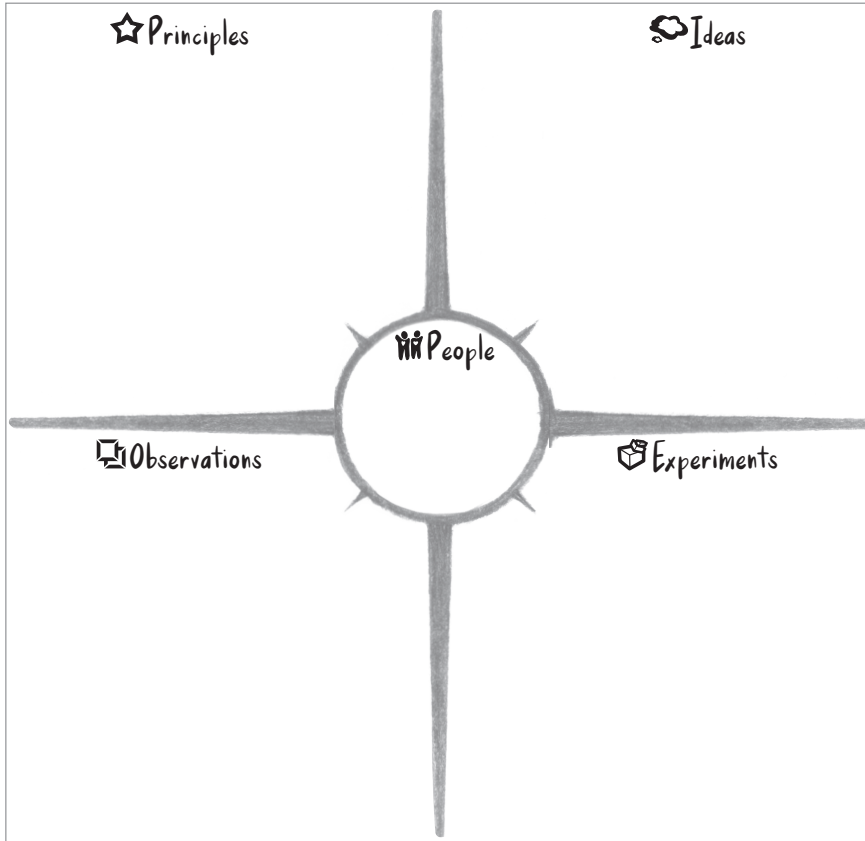
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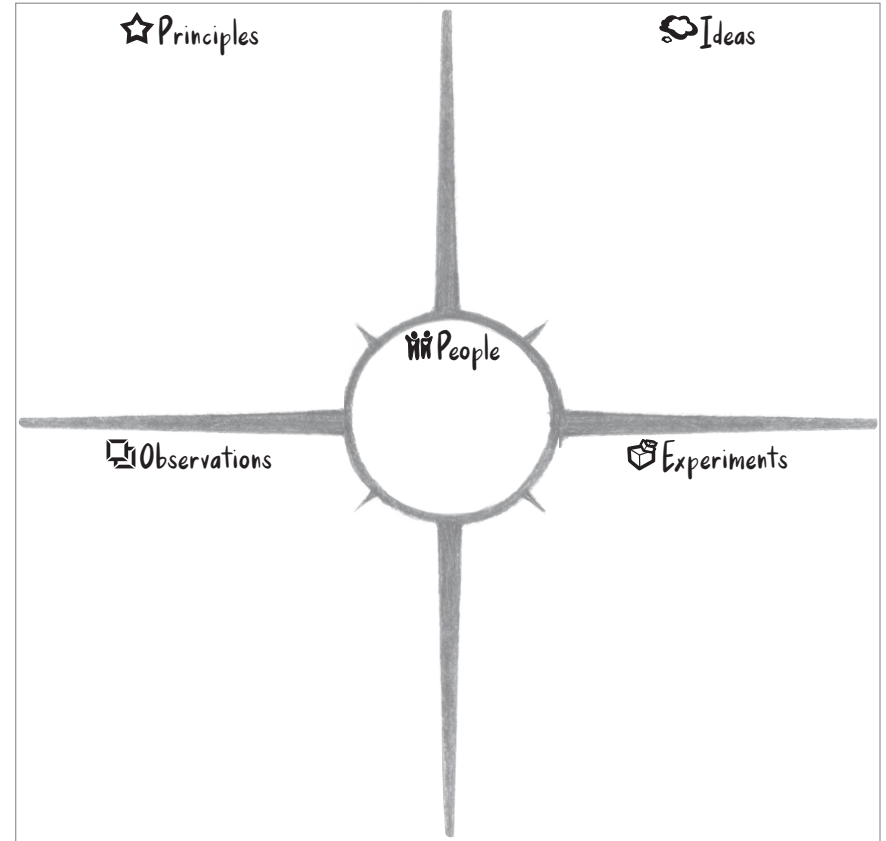
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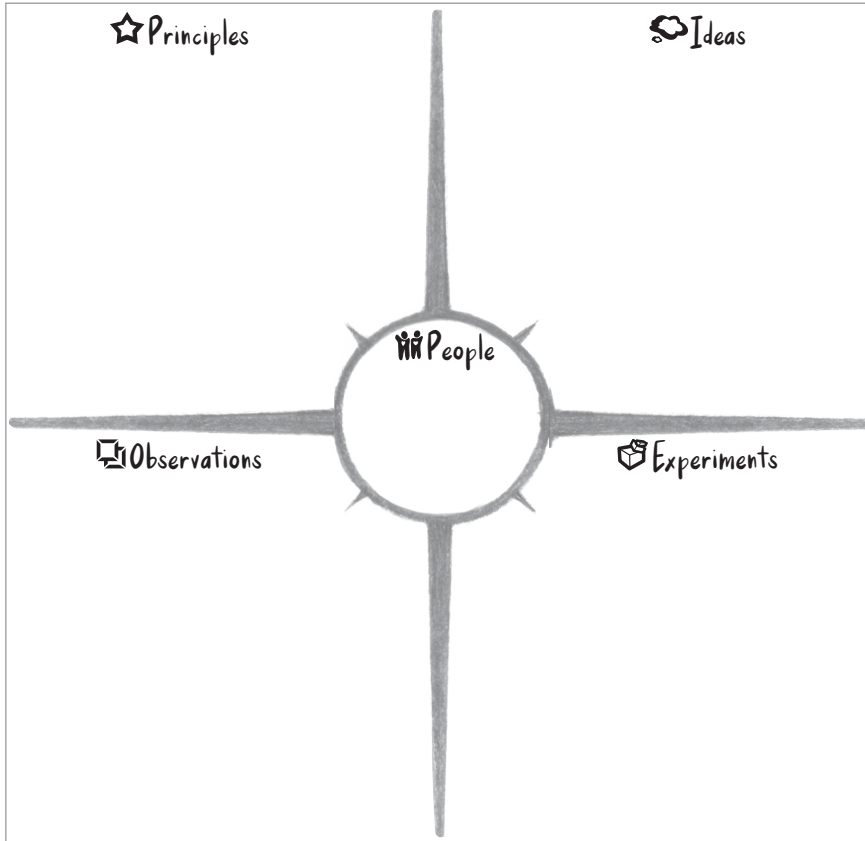
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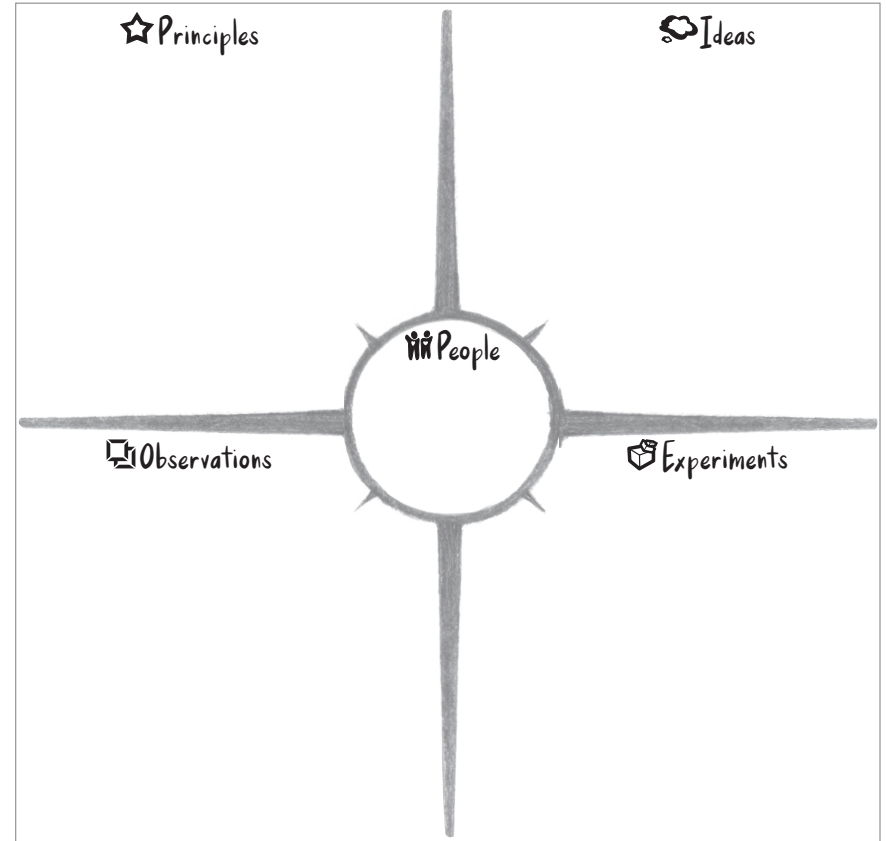
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