






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!

 <b>People Who's involved?</b>
Who will you be with today? At work, home, etc.
 <b>Observations What's happening? Why?</b>
What are you and the other people doing today? Feeling?
Like, <i>Big presentation—excited and nervous about it.</i>
 <b>Principles What matters most?</b>
What are a few "north stars" for whatever you do today? These can be simple words (like <i>Listen</i> ) or pictures ( <i>I often have a heart with big ears!</i> )
 <b>Ideas What ways are there?</b>
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.
 <b>Experiments What's a step to try?</b>
Get down some details here or in your planner, etc. What will you try, when? Small and specific, so you'll do these! Or just do it now!

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

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

 <b>People</b>
 <b>Observations</b>
 <b>Principles</b>
 <b>Ideas</b>
 <b>Experiments</b>

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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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