



Kristy-Ann DL Psychotherapy

Mindful Resolutions

1. Today's Mindfulness Check-In:

How present do you feel today?

☐ Not at all ☐ Somewhat ☐ Mostly ☐ Fully present

What's pulling your attention?

2. Create Your Meditation Plan:

- When will you meditate? _____
- Where? _____
- Length [start small]: _____
- Type [guided, silent, breathing]: _____

3. Gratitude Practice Prompts:

Write one answer for each:

- Something that brought me ease today:
-

- Someone I appreciate:
-

- A small moment I might have otherwise missed:
-

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4. Combine Mindfulness + Gratitude:

A simple ritual you can practice daily:

I will pause at _____ and take one mindful breath, then note one thing I'm grateful for.

5. Staying Consistent with Kindness:

How will you gently bring yourself back if you miss a day?

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