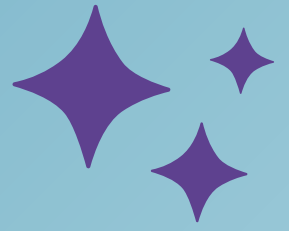




# Re-Membering Journal

A daily practice to help you re-member your light.

Mindy  Arbuckle



**You are the only  
person who can be  
you and do what  
you do, the way  
you do it.**

*Embody all of that*



# daily wellness



Mon    Tue    Wed    Thu    Fri    Sat    Sun

Morning Meditation

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Evening Meditation

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Daily Routine

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Today's Intention

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Notes

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# daily tasks



## Schedule

12 horizontal lines for scheduling tasks.

## Healthy Meals

● Breakfast

● Lunch

● Dinner

● Snacks

## Water Tracker

1

2

3

4

5

6

7

8

## Ideas for outdoor time

Large empty box for writing outdoor activity ideas.



# habit tracker



Activity	Mon	Wed	Tue	Thu	Fri	Sat	Sun

## Top Things To-Do

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Motivational Quote

“

## Affirmation of the Week



doodle







Hi!



## Mindy Arbuckle

I'm Mindy, a real woman in the heart of the Rocky Mountains who lives a full, abundant and relatively "normal" life. I've got kids and a husband to love and care for. I trek kids around to soccer and volleyball and outings with friends. I teach yoga, have my own organic crystal apothecary that keeps me busy, while also coaching clients. I clean my own house and do my own dishes.

And yet, there is a wonderful freedom and immense joy to my life that I have cultivated for decades. It allows me to handle life's ups and downs and sideways with a wonderful sense of ease and a smile in my heart. I look for the good in all people and all situations. I cultivate sacredness into all I do.

And that's what I want for you too. Use this journal to track your patterns and habits. To find beauty and gratitude for the little things and the big things in your life. Most of all, use this journal to remind you of who you really are and connect with that brilliant light within. You are a magical being. Re-member.



Learn More about Holistic Empowerment Coaching:  
[MindyArbuckle.com](http://MindyArbuckle.com)

