



DAILY LIFE

Mushroom Mindfulness Journal

To enhance your experience on this journey, we've crafted a bespoke mini-journal for you.

Its purpose is to guide you towards greater mindfulness and awareness, enabling you to fully appreciate the benefits and observe the transformations in your mental, physical, and spiritual well-being.

Bonus: Use code **JOURNAL10** to get 10% off your new subscription.

Before Starting:

Try starting with: I feel... | My life is.... | My mind is... | My body feels...

Desired outcome:

Try: I want to have... | I want to feel... | I don't want... | I want to be able to...

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Week 1 Notes:

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
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Week 2 Notes:

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
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Week 3 Notes:

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
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Week 4 Notes: