

2025



TODAY

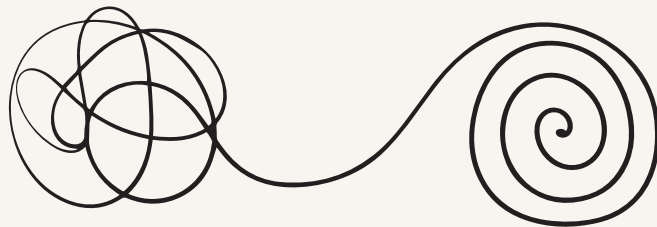
5 - MINUTE MINDFUL JOURNAL

MOUNT WILLOW WELLNESS

5-MINUTE MINDFULNESS JOURNAL
DAILY PROMPTS FOR CLARITY & PEACE

WELCOME TO YOUR MINDFULNESS PRACTICE
THIS JOURNAL IS DESIGNED TO HELP YOU SLOW
DOWN, REFLECT, AND FIND MOMENTS OF PEACE
IN YOUR DAY. IN JUST FIVE MINUTES, YOU CAN
CREATE A HABIT OF SELF-AWARENESS AND
GRATITUDE. USE IT IN THE MORNING, BEFORE
BED, OR WHENEVER YOU NEED A MINDFUL
RESET.

THANKYOU FOR DOWNLOADING THIS JOURNAL:
YOU WILL RECEIVE 10% OFF A FULL SESSION
AND A FREE 15 MINUTE INTRO SSSSION



MOUNT WILLOW WELLNESS



5-MINUTE MINDFULNESS JOURNAL
DAILY PROMPTS FOR CLARITY & PEACE



DAILY JOURNAL PAGE

DATE: _____

1. HOW DO I FEEL RIGHT NOW?
(WRITE A FEW WORDS TO DESCRIBE YOUR
MOOD OR EMOTIONS.)

2. ONE THING I'M GRATEFUL FOR TODAY:
(SOMETHING SIMPLE—BIG OR SMALL.)



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DAILY PROMPTS FOR CLARITY & PEACE

DAILY JOURNAL PAGE

DATE: _ _ _ _ _

3. A MINDFUL INTENTION FOR TODAY:
(EXAMPLE: "I WILL BREATHE DEEPLY
BEFORE REACTING" OR "I WILL BE KIND
TO MYSELF TODAY.")



4. ONE DEEP BREATH TO GROUND MYSELF:
(PAUSE, TAKE A SLOW DEEP BREATH, AND
NOTICE HOW IT FEELS.)

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DAILY JOURNAL PAGE

DATE: _____

5. A CALMING THOUGHT OR AFFIRMATION:
(EXAMPLE: "I AM ENOUGH" OR "I TRUST
THE JOURNEY.")

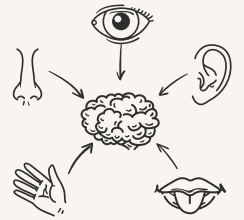


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SIMPLE MINDFULNESS EXERCISES

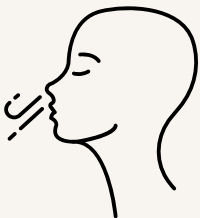
5 - 4 - 3 - 2 - 1 GROUNDING TECHNIQUE

- 5 THINGS YOU SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU HEAR
- 2 THINGS YOU SMELL
- 1 THING YOU TASTE



BOX BREATHING (4 - 4 - 4 - 4)

BREATHE IN FOR 4 SECONDS → HOLD FOR
4 SECONDS → BREATHE OUT FOR 4
SECONDS → HOLD FOR 4 SECONDS.
REPEAT 3 TIMES.



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REFLECTIONS & NOTES
(USE THIS SPACE FOR ANY EXTRA THOUGHTS, DOODLES, OR
OBSERVATIONS.)

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About Me – Annie Baxter, RPC-C

I'm Annie Baxter, a Registered Professional Counsellor - Candidate (RPC-C) and wellness coach with a passion for guiding individuals through life's transitions with mindfulness and emotional support. With a background in education, counseling, and personal development, I specialize in helping people find clarity, confidence, and calm in their everyday lives.

My Background & Expertise

- 🌿 Certified in Mindfulness & Emotional Well-being
- 🌿 Experienced Educational Assistant & Youth Mentor
- 🌿 Over a Year Supporting Women & Families in Life Transitions
- 🌿 Homeschooling Educator with a Focus on Social-Emotional Learning

Who I Help

I offer personalized coaching and wellness support for:

Parents & Homeschoolers – Balancing education & emotional well-being

Women in Life Transitions – Career shifts, relationships, personal growth

Youth & Teens – Building resilience, confidence, and coping skills

Individuals Seeking Emotional & Spiritual Wellness – Mindfulness, stress relief, and self-discovery

How I Can Support You

- 💬 1:1 Coaching & Mindfulness Chats – Personalized guidance & support
 - 📖 Workshops & Resources – Practical tools for emotional and mental well-being
 - 🌿 Nature-Based Learning & Mindfulness – Integrating wellness into everyday life
- You don't have to navigate life's challenges alone. Let's connect! Book a session at www.mountwillow.com and start your journey toward clarity and peace. 🧡