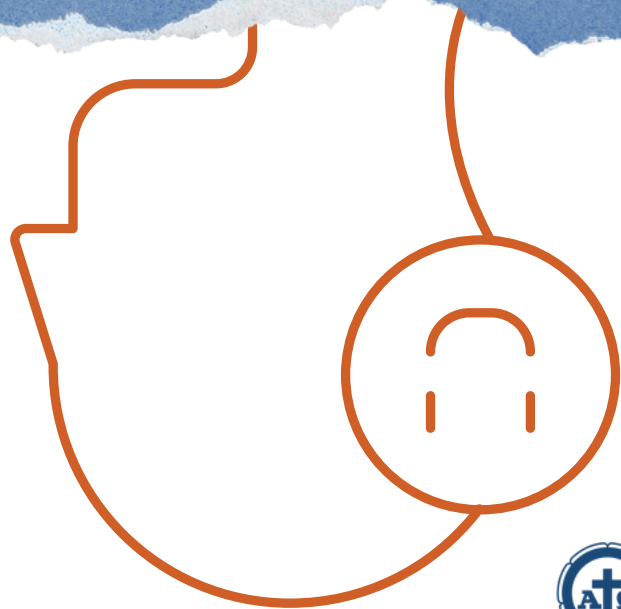




**Capture your
journey to calm**

MINDFULNESS JOURNAL



Pension Fund
of the Christian Church
strong. smart. secure.

DAILY MINDFULNESS

Date:

My Rating of the Day:



Daily Affirmation

.....

.....

Three Intentions for Today

1.

.....

2.

.....

3.

.....

Wellness Log

Water Tracker



Exercise Log

Mood Tracker



Energy Level

Low ← → High

Meals

Breakfast

Lunch

Dinner

Snacks

Drinks

Gratitude & Wins

.....

.....

.....

.....

.....

Thoughts and Reflections

.....

.....

.....

.....

.....

WEEKLY MINDFULNESS

Date:

My Rating of the Week:



Top 3 Highlights This Week

1.

2.

.....

.....

.....

.....

3.

[illegible]

This Week I Felt...

[illegible]

Memorable Moments of Connection

[illegible]

Looking Ahead to Next Week

MONTHLY MINDFULNESS

Month:

My Rating of the Month:



Wins & Accomplishments

Challenges & Lessons Learned

Goals Review: Goals Met, Goals Missed, Steps to Improve

Habits Check-In: Good Habits Retained/Developed, Bad Habits Eliminated

Gratitude

Looking Ahead

One Sentence Month in Review

3 WAYS TO CHANGE YOUR MINDSET & ATTITUDE

01 CULTIVATE A GROWTH MINDSET

BELIEVE IN YOUR ABILITY TO LEARN AND GROW

02 DEVELOP EMOTIONAL INTELLIGENCE

RECOGNIZE YOUR EMOTIONS AND UNDERSTAND THEIR IMPACT ON YOUR THOUGHTS AND BEHAVIORS

03 SET GOALS AND VISUALIZE SUCCESS

IMAGINE ACHIEVING YOUR GOALS IN AS MUCH DETAIL AS POSSIBLE

LEARN TO LIVE: A FREE MENTAL WELLNESS PARTNERSHIP FOR CLERGY



At Pension Fund, we believe that when clergy are mentally well, congregations and communities can become mentally well alongside them. That is why we partnered with Learn to Live, an online wellness platform that is grounded in the proven principles of Cognitive Behavioral Therapy (CBT). This benefit is free to Pension Fund members who are active clergy and their family members (ages 13 and older).

Learn to Live offers self-paced programs, mental wellness assessments, and personal coaching (via phone, email, and/or text) to help you reach your mental wellness goals and find personal well-being. Get started by visiting www.pensionfund.org/learntolive or scanning the QR code on this page.

SCAN TO
LEARN MORE
AND REGISTER



LEARN TO LIVE