

MINDFUL FOR MUSEUMS

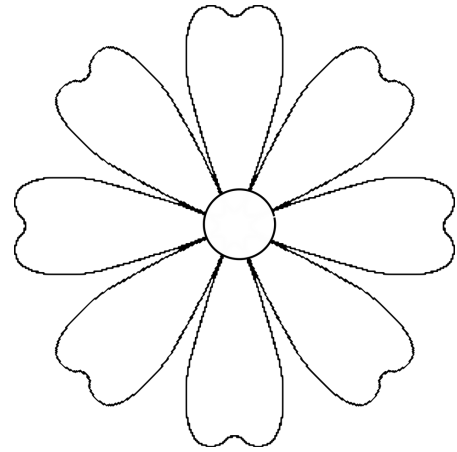
Help your mind today and museums of the future.

Today's date:

Three things that made me happy today:

- 1.
- 2.
- 3.

How am I feeling out of 8? Colour in the petals!



One thing I accomplished today:

News from today that worried me:

News from today that inspired me:

One thing I'd like someone in the future to know about today:

What I did this morning:

What I did this afternoon:

What I did this evening:

This section can be used for anything you like. Maybe you'd like to write a whole diary entry for the day, draw a picture, press a flower, record a recipe, glue a photo...