



# Zenful Habits Daily Stillness Tracker

Create space for calm, clarity, and strength—one mindful pause at a time. Use this simple tracker to gently build the habit of stillness each day. Whether it's one minute or twenty, the power lies in consistency, intention, and presence.

## Instructions:

1. **Set an Intention:** Each morning, choose how you want to feel today (e.g., grounded, open, peaceful).
2. **Choose Your Stillness Practice:** Pick one (or more):
  - Silent breathing (1–5 minutes)
  - Meditation
  - Mindful coloring
  - Journaling
  - Body scan
  - Gentle walk without distraction
  - Tea/coffee in silence
  - Gratitude reflection
3. **Pause & Be Present:** Gently enter your stillness practice. No pressure. Just presence.
4. **Reflect & Track:** After each session, jot down how you felt or any insights that surfaced.

## Weekly Reflection Prompts:

**What did I learn about myself through stillness this week?**

**When did I feel most at peace?**

**What emotions surfaced that surprised me?**

**How did stillness affect my mood, clarity, or energy?**



# Zenful Habits Daily Stillness Tracker

## SUNDAY

Date: \_\_\_\_\_

Intention:

Stillness Practice:

Duration:

How I Felt Afterwards

## MONDAY

Date: \_\_\_\_\_

Intention:

Stillness Practice:

Duration:

How I Felt Afterwards

## TUESDAY

Date: \_\_\_\_\_

Intention:

Stillness Practice:

Duration:

How I Felt Afterwards

## WEDNESDAY

Date: \_\_\_\_\_

Intention:

Stillness Practice:

Duration:

How I Felt Afterwards

## THURSDAY

Date: \_\_\_\_\_

Intention:

Stillness Practice:

Duration:

How I Felt Afterwards

## FRIDAY

Date: \_\_\_\_\_

Intention:

Stillness Practice:

Duration:

How I Felt Afterwards

## SATURDAY

Date: \_\_\_\_\_

Intention:

Stillness Practice:

Duration:

How I Felt Afterwards