

Daily Spiritual Touchpoint Tracker



Date: _____

Morning Practices

Check each practice as you complete it:

- Three Conscious Breaths
- Hand-on-Heart Connection
- 5-Minute Meditation
- Gratitude Journal (3 items)
- Daily Intention Setting
- Positive Affirmation

Notes on morning practice:

Throughout Day Practices

Check each practice as you complete it:

- Mindful Eating (at least 1 meal)
- Sacred Pauses at Doorways
- Breathing Break (at least once)
- Nature Connection Moment
- Loving-Kindness in Traffic/Line
- Digital Detox (30+ minutes)

Mindful moments I noticed today:

Evening Practices

Check each practice as you complete it:

- Evening Reflection
- Forgiveness Practice
- Gratitude Review
- Mood Journaling
- Technology Wind-Down
- Bedtime Breathing

Reflections on today's practice:

Daily Awareness Check-In

Overall energy level today (circle one): Low ---- 1 ---- 2 ---- 3 ---- 4 ---- 5 ---- High

Emotional state most prevalent today:

Most meaningful spiritual moment today:

Challenge(s) to practice today:

How practice supported me today:

Tomorrow's Intention

One practice I want to focus on tomorrow:

One quality I want to cultivate tomorrow:

For more spiritual growth resources, visit positive4mind.com

Track your spiritual journey with the [Daily Mood Journal](#) app from positive4mind.com