

name: _____

Dianne Bondy Yoga
YOGA FOR ALL



Santosha Journal

Your
not-to-do list
things to surrender
daydream
happiness
and what-not
journal



name: _____

Santosha Journal



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name: _____

Date: / /

Gratitude

Today I am grateful for:

Before I start my day today, I am grateful for this one thing (big or small):

Yoga • Meditation • Surrender

My yoga and meditation practice reflections and goals

Yoga practice:

Reflections:

Meditation:

A positive affirmation:

A challenge for the day:

A quote that inspires me:

Goal for today:

What can I let go of?

Take 10 minutes of **me** time today:

Daydreaming

name: _____

Date: / /

Gratitude

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A challenge for the day:

A quote that inspires me:

Goal for today:

What can I create?:

Take 10 minutes of **me** time today:

Creating

name: _____

Date: / /

Gratitude

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A challenge for the day:

A quote that inspires me:

Goal for today:

How can I adjust?

Take 10 minutes of **me** time today:

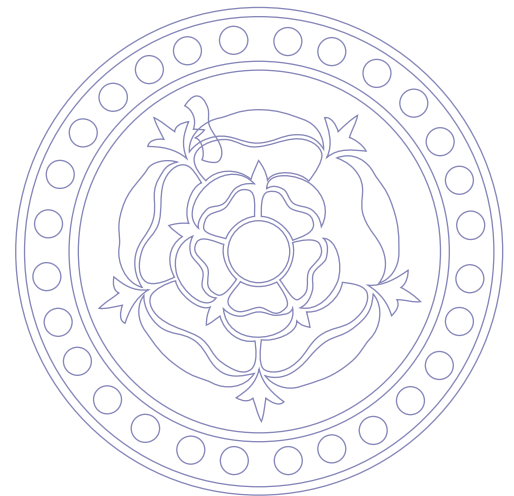
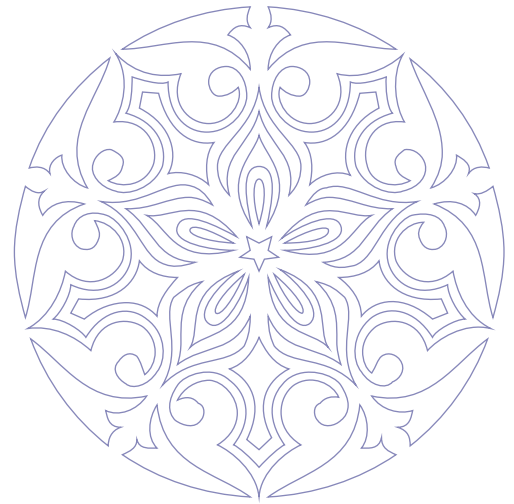
Balancing

name: _____

Date: / /

 Santosha Sanctuary

Handwriting practice area with 20 horizontal lines (solid top and bottom lines, dashed middle lines) for writing.



name: _____

Date: / /

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A quote that inspires me:

Goal for today:

What can I let go of?

Take 10 minutes of **me** time today:

Releasing

name: _____

Date: / /

Gratitude

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Meditation:

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A challenge for the day:

A quote that inspires me:

Goal for today:

What can I accept in me?

Take 10 minutes of **me** time today:

Accepting myself

name: _____

Date: / /

Gratitude

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Meditation:

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A challenge for the day:

A quote that inspires me:

Goal for today:

What wisdom can I learn?

Take 10 minutes of **me** time today:

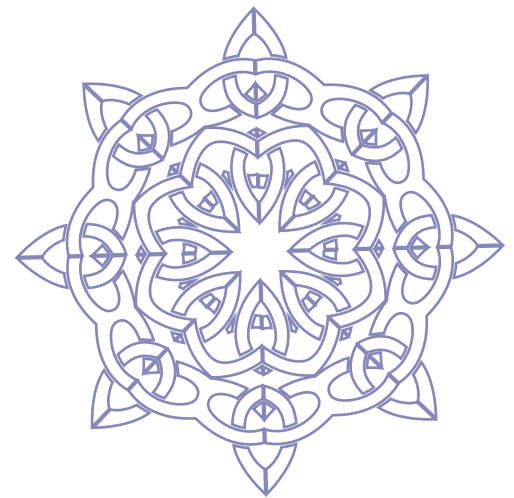
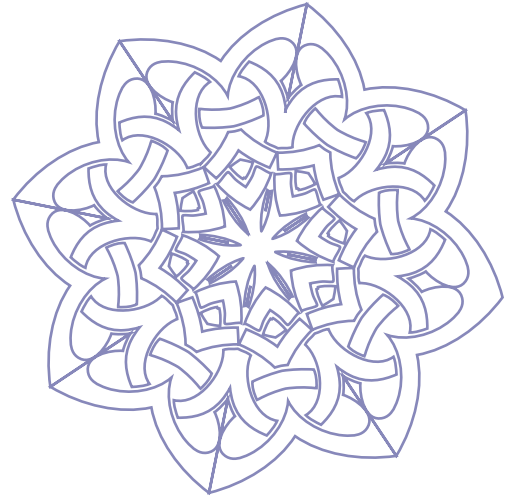
Learning

name: _____

Date: / /

 Santasha Sanctuary

Handwriting practice area with 20 horizontal lines (solid top and bottom lines, dashed middle lines) enclosed in a purple border.



name: _____

Date: / /

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A challenge for the day:

A quote that inspires me:

Goal for today:



How can I release into kindness?



Take 10 minutes of **me** time today:

Softening



name: _____

Date: / /

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A quote that inspires me:

Goal for today:



What can I let go of?



Take 10 minutes of **me** time today:

Surrendering



name: _____

Date: / /

 Gratitude

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A challenge for the day:

A quote that inspires me:

Goal for today:



What can I reflect upon more deeply?



Take 10 minutes of **me** time today:

Contemplating



name: _____

Date: / /

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A challenge for the day:

A quote that inspires me:

Goal for today:



What can I allow to change?



Take 10 minutes of **me** time today:

Evolving



name: _____

Date: / /

 Santasha Sanctuary

A large rectangular area with a purple border, containing 20 horizontal dashed lines for writing.



name: _____

Date: / /

 Gratitude

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A challenge for the day:

A quote that inspires me:

Goal for today:



What's stopping me from loving myself?



Take 10 minutes of **me** time today:

Loving me



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Date: / /

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A challenge for the day:

A quote that inspires me:

Goal for today:



What can I let go of?



Take 10 minutes of **me** time today:

Releasing the outcome



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Date: / /

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A challenge for the day:

A quote that inspires me:

Goal for today:



Can I seek knowledge?



Take 10 minutes of **me** time today:

Researching trusted sources



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Date: / /

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A challenge for the day:

A quote that inspires me:

Goal for today:



What can I let go of?



Take 10 minutes of **me** time today:

Releasing tension

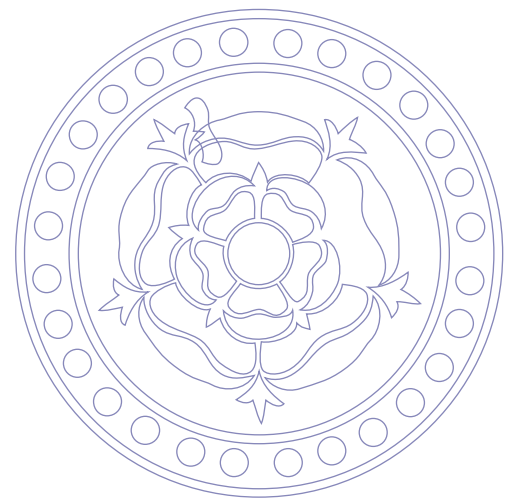
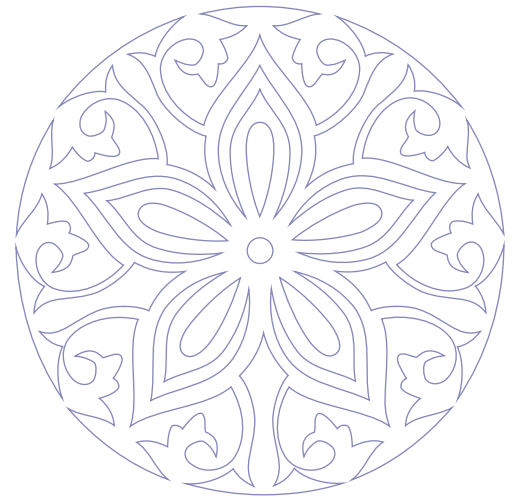
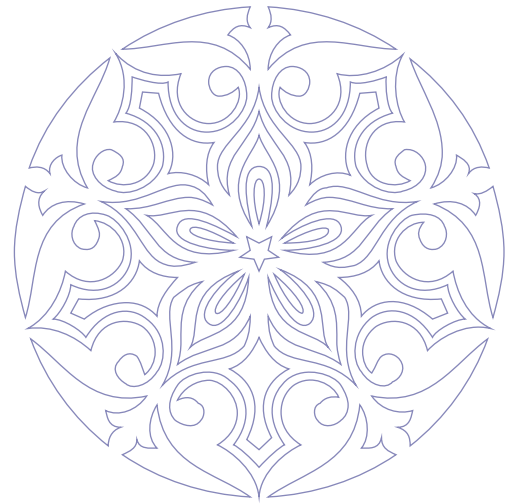


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A challenge for the day:

A quote that inspires me:

Goal for today:



Can I sit without distraction?



Take 10 minutes of **me** time today:

Turning the phone off



name: _____

Date: / /

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Meditation:



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A challenge for the day:

A quote that inspires me:

Goal for today:



What can I accept?



Take 10 minutes of **me** time today:

Accepting



name: _____

Date: / /

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Meditation:



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A challenge for the day:

A quote that inspires me:

Goal for today:



What makes me wise?



Take 10 minutes of **me** time today:

Seeking wisdom



name: _____

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Meditation:



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A challenge for the day:

A quote that inspires me:

Goal for today:



How can I create new memories?



Take 10 minutes of **me** time today:

Writing my list of joy

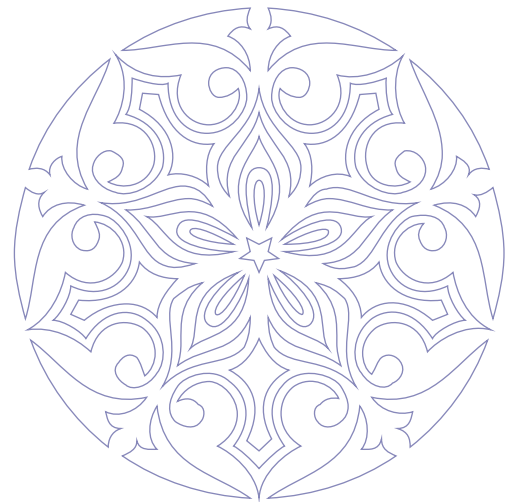
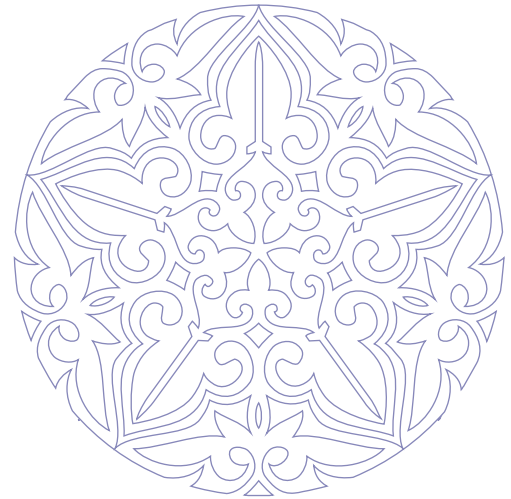


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Handwriting practice area with 20 horizontal dashed lines.





Santosha Journal

Your not-to-do list, things to surrender, daydream,
happiness, and what-not journal

by **Dianne Bondy**, E-RYT500

Founder of Yoga for All Yoga Teacher Training 200/500 level
Founder of Yogasteya.com

Team Leader Yoga and Body Image Coalition ybicoalition.com
Practice with me online at Yogasteya.com and audibleyoga.com
<https://www.facebook.com/DianneBondyYoga>
<https://twitter.com/DianneBondyYoga>

diannebondyyoga.com • yogasteya.com

About Dianne Bondy: Author, Motivator, Risk Taker, Educator, Yoga Teacher, and Leading Voice in the Diversity in Yoga and Yoga of Inclusion Movement.

With over 1000 hours of yoga training in diverse modalities such as yoga therapeutics, restorative yoga, meditation, and Anusara Yoga – Dianne truly believes that yoga is for all! She is passionate about creating a more diverse playing field in the yoga community and is a highly recognized voice in the Diversity in Yoga and Yoga of Inclusion movements – where all shapes, sizes, ethnicities, and cultural backgrounds are recognized and embraced both on and off the mat.

Dianne Bondy is an E-RTY 500 with Yoga Alliance, with extensive training in yoga therapy. She is a regular columnist for *Elephant Journal* and *Do You Yoga*, has been featured in *Yoga Journal* magazine, and appears as a guest author in the books: *Yoga and Body Image*, and *Yes Yoga Has Curves*.

She is the founder and Managing Director of Yogasteya virtual online yoga studio that specializes in yoga for all shapes, sizes, and abilities. The goal of Yogasteya is to empower people through yoga. She developed and continues to teach the Abundant Bodied Yoga Teacher and Yoga for All yoga teacher training programs, runs retreats and workshops internationally and is a founding member of the Yoga & Body Image Coalition.

Journal design by Sharon 'Muse' Rhiney

