Mindful Journaling

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life

Journaling

A regular journaling practice is a lovely way to check in with yourself.

Dedicate a few minutes each day to examining your experience through writing.

This exercise is best to do in the morning and at night in order to start and end your day with mindfulness.

It also is useful to have a dedicated journal or notebook for this practice.

Set aside five minutes in the morning to sit down and journal.

As you sit down to do this exercise, tune in to the body sitting in the chair.

Feel yourself sitting, the feet on the floor, and the pen or pencil in the hand.

Take a few deep breaths, grounding yourself in the present moment.

Recognize the state of the mind this morning.

Is it calm, anxious, fearful, or hopeful?

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You don't need to fix anything; just notice where the mind is today.

For a few minutes, mindfully write about your current experience and the day ahead.

You may set a timer if this feels like a daunting task.

Address how you feel this morning, your state of mind, and any intentions you have for the day.

Ask yourself if you have any worries, hopes, or events on the mind.

Finishing your journaling practice, return to the breath for a few moments before moving on with your day.

At night, return to this practice.

For five minutes, reflect on your day.

Identify anything you are grateful for, reflect on things that you could have handled better, and note any points of mindfulness during your day.