

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

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. Recognise the state of the mind this morning.

- Is it calm, anxious, fearful, or hopeful?
- 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 can set a timer if this feels like a daunting task.
- 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.

