

MINDFULNESS PRACTICE

Journaling

Like other mindfulness practices journaling is easy to implement, free, can be practiced anywhere, and only requires your time and consistency. There are many different types of journaling such as: gratitude journaling, self-compassion journaling, reflective journaling, etc. So, where should you begin?



Try writing...

- A letter to your current self
- A letter to your past self
- A letter to your future self
- A letter to someone in your family
- A letter to someone you miss
- A letter to someone special to you
- A note about someone you admire
- About your dream world
- About something that makes you unique
- About a happy memory
- About something fun coming up
- A poem, a rap, a short story
- About your future
- About a problem you've recently solved