

MINDFULNESS + JOURNALING

Mindfulness journals are all about helping you identify and connect with your emotions on a deeper level.

While a “regular” journal tends to be about whatever happened in your day, mindfulness journaling focuses on elements of your mindfulness journey.

Common topics include gratitude, being present, noticing how you feel, paying attention to your senses, visioning, self-compassion, awareness, and mental and physical tension.

To get started, simply grab a piece of paper, a notebook, or open a new document on your computer, and reflect on or more of the following mindfulness journal prompts.



JOURNALING IDEAS

WHAT THINGS AT SCHOOL MAKE ME SMILE?

WHAT ARE SOME CHALLENGES THAT STRETCH MY LIMITS AND HELP ME GROW?

WHAT SKILLS OR PERSONAL QUALITIES COME EASILY TO ME?

IN WHAT WAYS (SMALL OR BIG) DO I IMPACT MY SCHOOL, FAMILY, OR COMMUNITY?

WHAT HABITS AM I WORKING ON?

WHAT'S SOMETHING I'M PROCRASTINATING ON RIGHT NOW? WHY AM I AVOIDING IT?

IN WHAT WAYS DO I FEEL LOVED RIGHT NOW?

WHAT ARE THREE THINGS I NOTICED THIS MORNING?

DO I FEEL A SENSE OF INTERNAL CALM? IF NOT, CAN I IDENTIFY WHAT OBSTACLES MIGHT BE PREVENTING ME FROM FEELING CALM?

WHERE AM I HOLDING TENSION IN MY BODY RIGHT NOW?

ARE THERE ANY CONFLICTS IN MY LIFE - WHETHER WITH TEACHERS, PARENTS, FRIENDS, OR RELATIONSHIPS - THAT FEEL UNRESOLVED?

WHAT AM I LOOKING FORWARD TO TODAY?

WHAT'S MAKING ME FEEL ANXIOUS OR STRESSED RIGHT NOW?

IS THERE ANYTHING THAT I'D LIKE TO DO DIFFERENTLY IN MY LIFE?

WHEN I MAKE A MISTAKE, DO I FEEL COMPASSION FOR MYSELF? IF NOT, WHY? REMEMBER THAT JUST AS WE SHOW COMPASSION FOR OTHERS, WE OWE COMPASSION TO OURSELVES.

HOW CAN I FEEL MORE ALIGNED IN LIFE BETWEEN MY THOUGHTS AND ACTIONS?

IS THERE ANY PART OF MYSELF THAT I'M HOLDING BACK IN THE WAY I SHOW UP IN THE WORLD?

HOW AM I FEELING ABOUT MYSELF IN THIS MOMENT?

