

A Mindful Journal



**66 Days of Prompts
for Reflection, Awareness & Creativity**



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A Mindful Journal

Journaling can be a powerful mindfulness practice, which encourages personal expression and creativity. It helps develop self-discovery and awareness and as a result enhances personal growth and development. It is helpful to create a consistent journaling habit, either daily or weekly.

There are many forms that journaling can take from stream of consciousness or free flow writing to using various prompts such as questions or quotations to inspire your writing.

This ebook provides 66 word prompts to guide your writing.

Set aside 3 – 10 minutes of uninterrupted time.

Begin by taking 3 conscious breaths to allow yourself to settle into the journaling activity.

Choose a page – you don't have to do them in order.

Bring your attention to the central word – or choose a blank space and write your own word.

Reflect for a moment on the word.

You might ask yourself “What does this word mean to me?”

Or “How does this word show up in my life?”

Notice what comes up and collect those thoughts in whatever way suits you:

- Write in words, phrases or sentences
- Doodle or draw
- Mind map (starting from the central point, draw lines to connect your brainstormed ideas)
- Use bullet points

Try to not judge your thoughts – simply collect them.

This is more of a creative exercise than a thinking one.

Enjoy the journey!

Laurel

Laurel Vespi is a certified life coach, award winning author and motivational speaker who helps people living crazy busy lives make their days more manageable and meaningful.

Learn more and get resources and inspiration for mindful living at stonecirclecoaching.com





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