

# Mindfulness in Writing Practice

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“**Mindfulness** means **paying attention** in a particular way; on **purpose**, in the **present** moment and **non-judgmentally**.” – Jon Kabat-Zinn



~ Focus on the **sensory** aspects of yourself. What do you **physically feel**? What are the **smells**, **sounds**, or **tastes** around you? What do you **see**? Your observations can range from vague and at a glance, to precise details.

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~ Bring your attention to how you **mentally** feel. What **thoughts** stood out to you during your observations? What **feelings** are most apparent? Based on what you observed, how do you feel overall? What do you feel like **writing about**?

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~ Use this space as a **brainstorm** area, jotting down **thoughts** or **ideas** and **linking** them together. It can be messy, it can be detailed or sparse, this is your space to **sort** through things.

