

MINDFULNESS in WRITING Practice



“Mindfulness means being awake. It means **knowing** what you are **doing**.” – Jon Kabat-Zinn



~ FOCUS ON YOUR 5 SENSES, (SIGHT, SMELL, TASTE, TOUCH, AND SOUND). WHAT DO YOU PHYSICALLY FEEL? WHAT ARE THE SMELLS, SOUNDS, OR TASTES AROUND YOU? WHAT DO YOU SEE?

~ FOCUS ON HOW YOU FEEL IN YOUR MIND. WHAT THOUGHTS DID YOU HAVE WHILE YOU OBSERVED YOUR SENSES? WHAT FEELINGS DID YOU NOTICE THE MOST? WHAT DO YOU FEEL LIKE WRITING ABOUT?

~ USE THIS SPACE TO BRAINSTORM, WRITE DOWN THOUGHTS OR IDEAS AND LINK THEM TOGETHER. THIS IS YOUR SPACE TO PLAN OUT YOUR WRITING.

