

Self Healing Invitation: Mindfulness Journaling

Take an inventory of how much time you spend on moments outside of the present. Grab a notebook and as you move throughout your day, try making a note of every time you catch your mind wandering. As you make your list, capture where your mind actually goes.

WHAT ARE YOU THINKING ABOUT?

WHAT ARE YOU FEELING?

DID THE THOUGHT ALIGN WITH WHAT YOU WERE DOING IN THE MOMENT?

ARE YOU EXPERIENCING HIGH ANXIETY, FRUSTRATION, OR ANGER?



**HOW IS YOUR BREATHING? IS IT
STEADY, OR FAST AND SHORT?**



**WHERE CAN YOU FEEL THE
SENSATIONS IN YOUR BODY WHEN
ANXIETY COMES UP?**



JOURNAL ANY EXTRA THOUGHTS HERE

