

THE ART OF MINDFULNESS

MINDFUL WRITING



BLUE OWL
BOOKS

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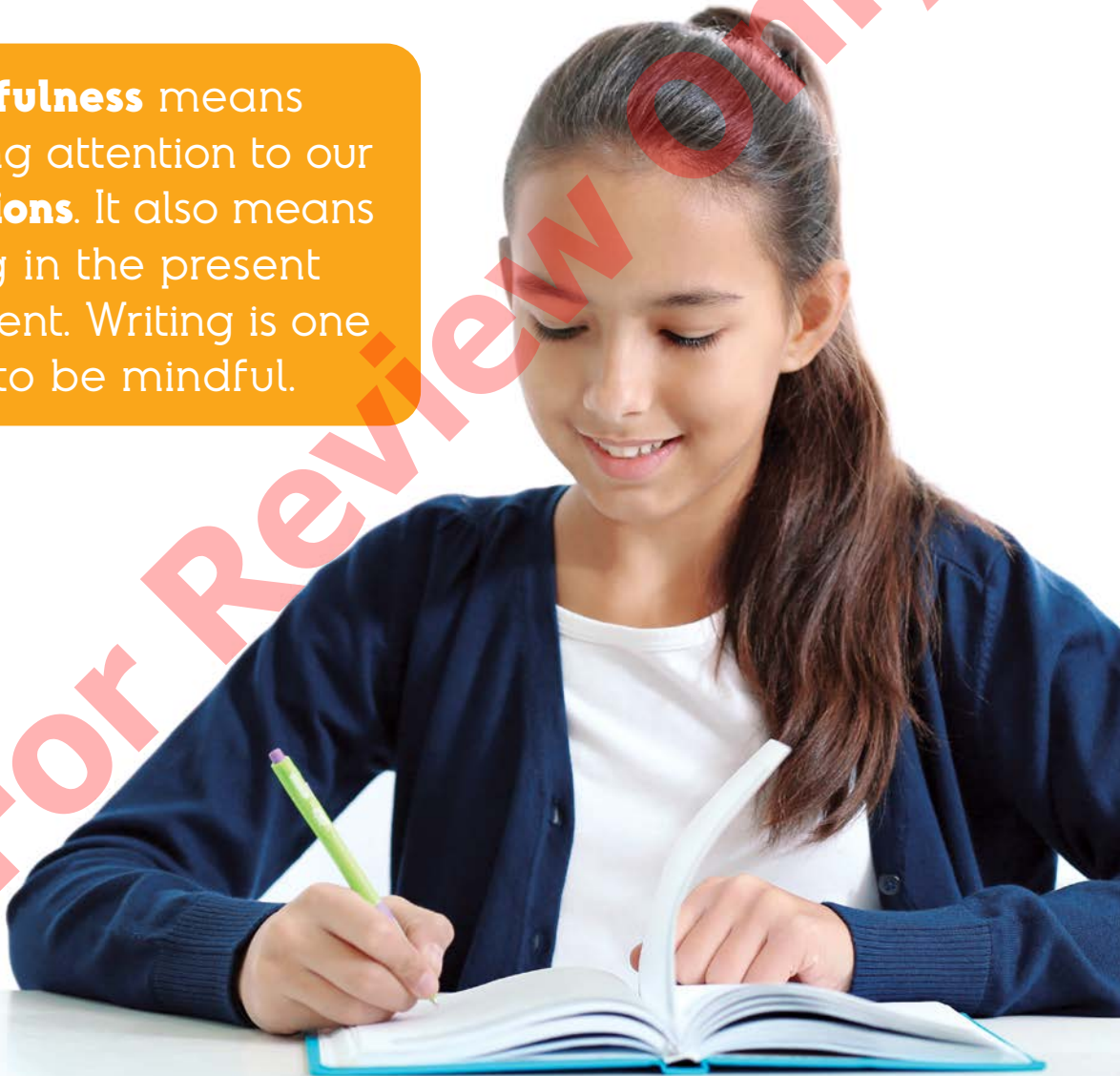
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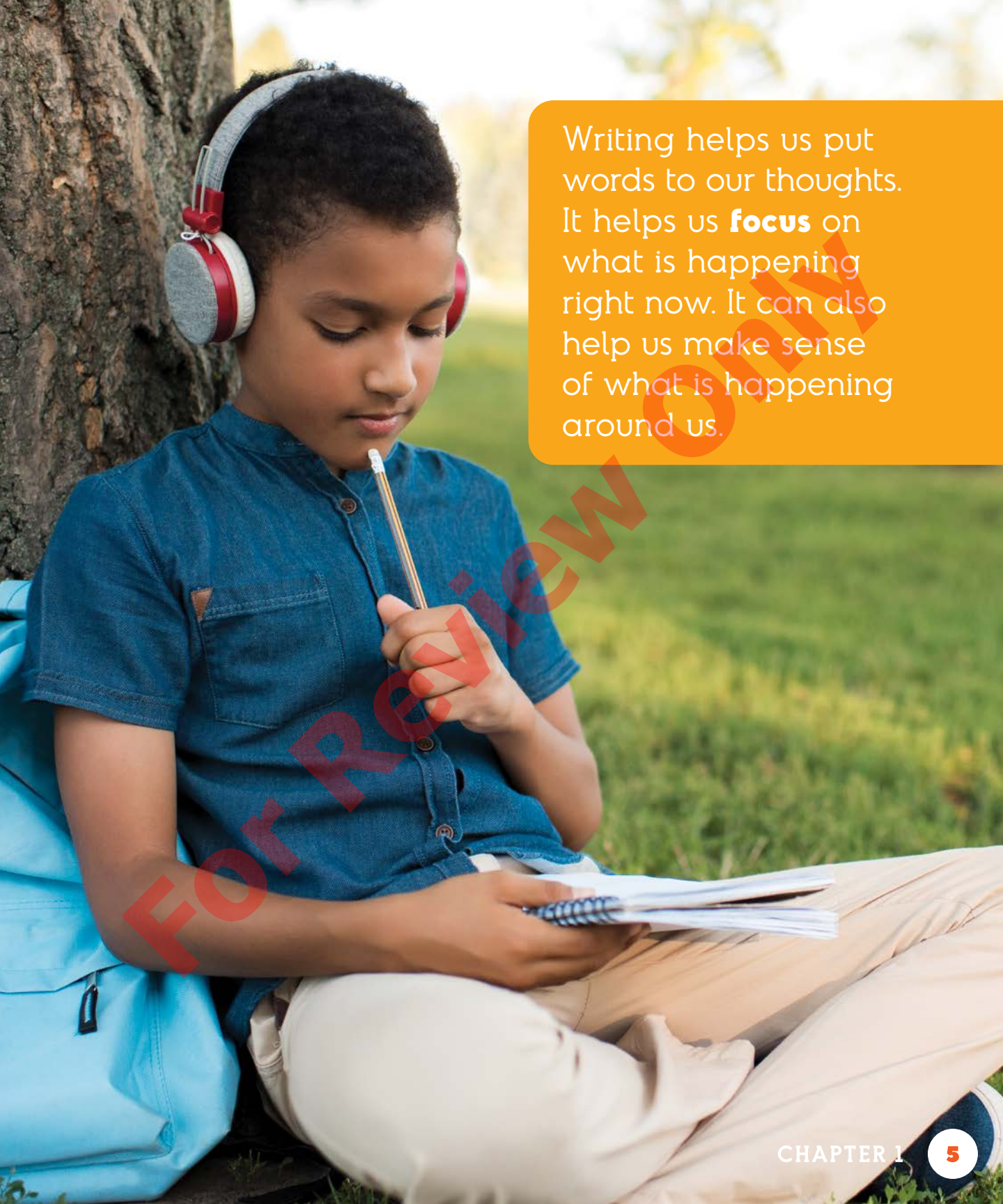


CHAPTER 1

WHY WRITE?

Mindfulness means paying attention to our **emotions**. It also means being in the present moment. Writing is one way to be mindful.





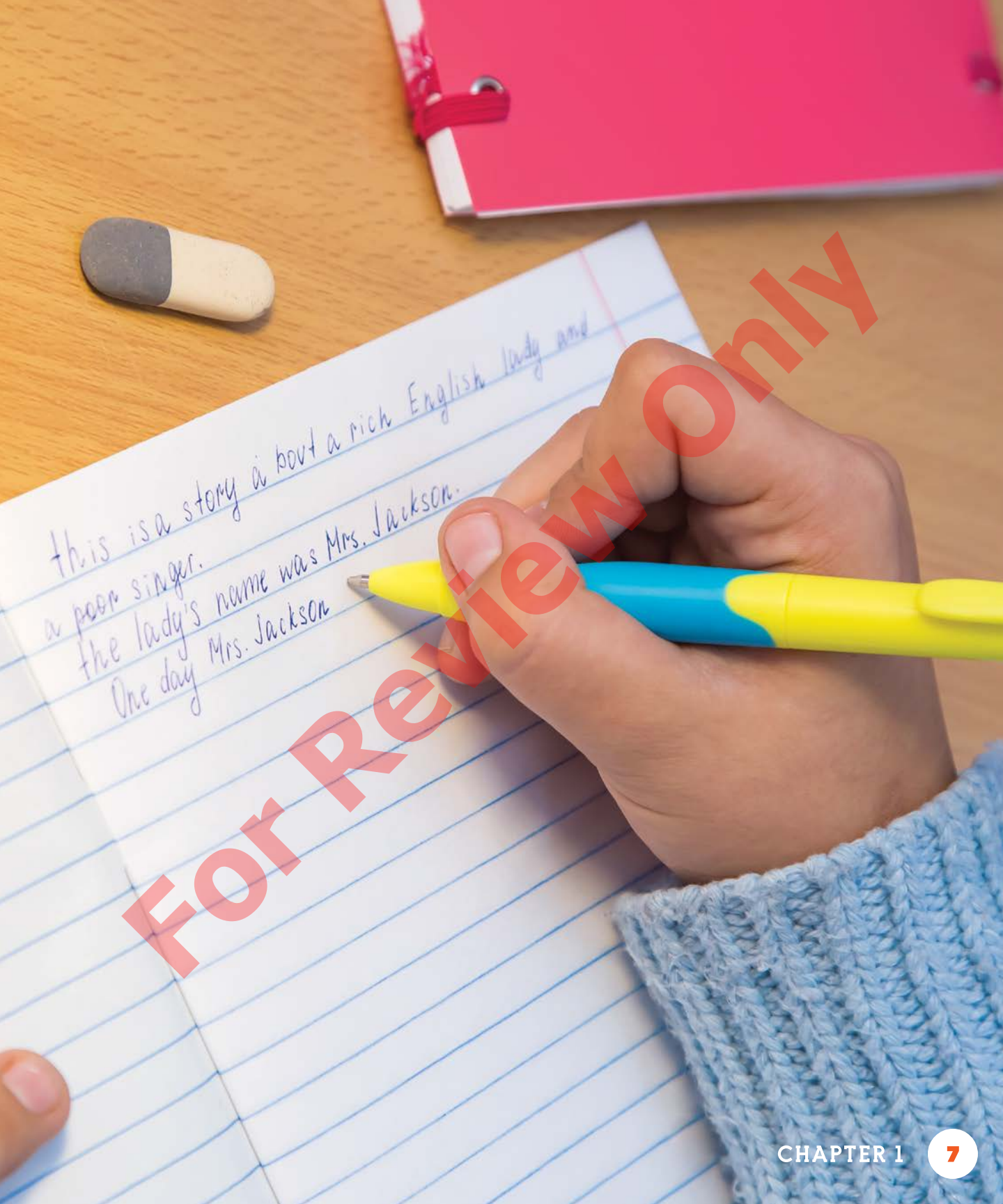
Writing helps us put words to our thoughts. It helps us **focus** on what is happening right now. It can also help us make sense of what is happening around us.

There are many ways to write mindfully. Writing poetry can help you **express** emotions. Journaling helps you examine your emotions. Writing **fiction** helps you practice **creativity**. Writing thank-you letters helps you practice **gratitude**.

PRIVATE WRITING

It isn't always easy to talk about feelings. Writing gives you another option! Journaling, poetry, and story-writing are private ways to explore your thoughts and feelings.





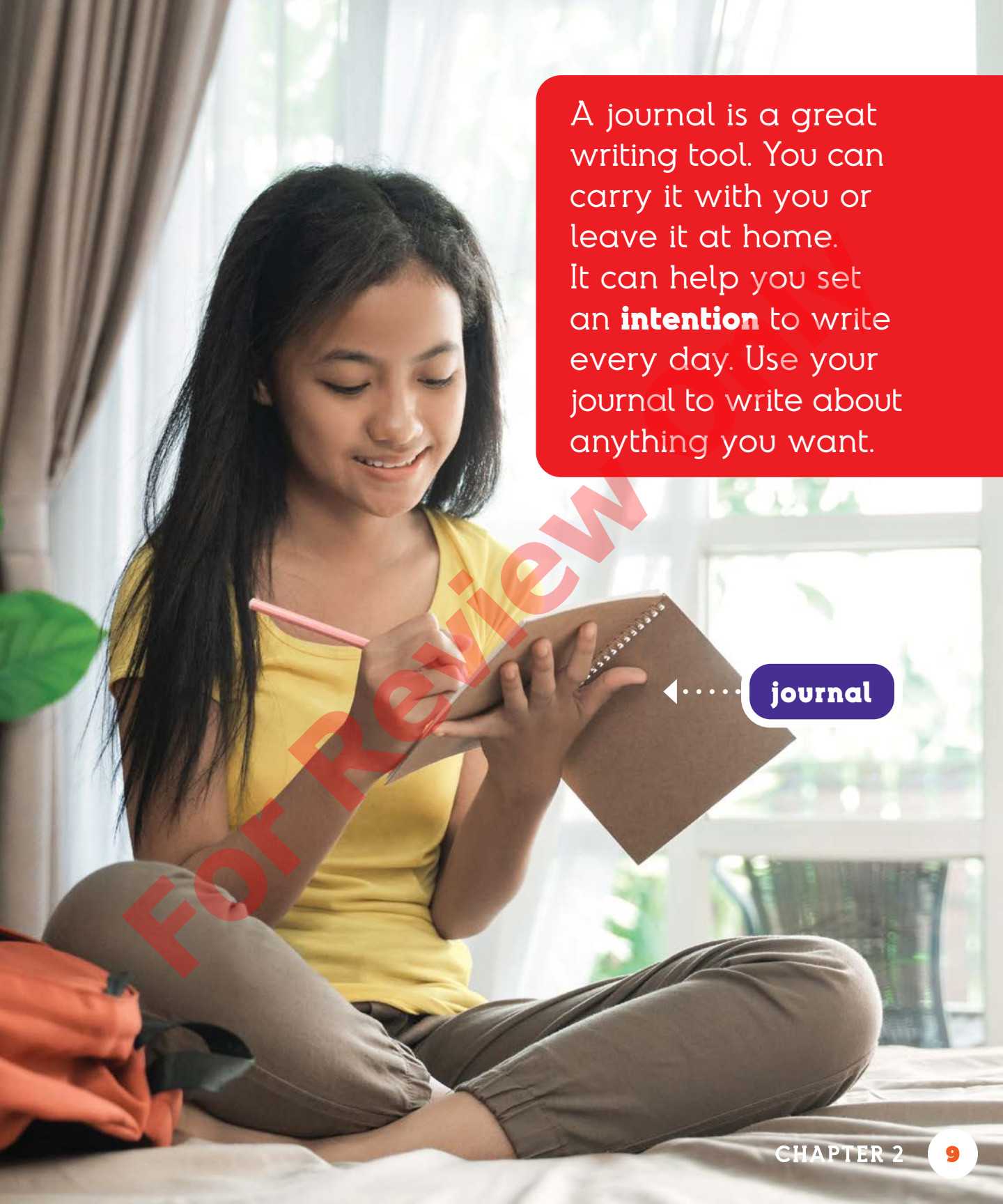
This is a story about a rich English lady and
a poor singer.
The lady's name was Mrs. Jackson.
One day Mrs. Jackson

CHAPTER 2

LET'S WRITE!

You don't need fancy tools or perfect spelling to write. All you need is something to write with and something to write on.





A journal is a great writing tool. You can carry it with you or leave it at home. It can help you set an **intention** to write every day. Use your journal to write about anything you want.

..... journal