



# An Introduction to Mindfulness & Journaling

[www.kokorowellness.co.uk](http://www.kokorowellness.co.uk)

# Hi, I'm Katie

Thank you for joining the Kokoro family.

Kokoro is a Japanese word that translates to heart, mind and spirit as one. The ethos of my business is to provide you with the tools and resources you need, to help you heal all of these things.

This ebook is designed to give you a basic guide to mindfulness and journaling, to help you find the 'calm amongst the chaos' of daily life. To find out other ways which you can contribute to your mindfulness, check out the services I offer on the Kokoro website.

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# What is Journaling?

Journaling is one of the key tools to promote mindfulness and self-development. It can take any structure you choose. Journaling can also be an effective emotional release, helping the brain to understand and regulate emotions. Writing down the racing, negative thoughts and worries that consume you, helps to release them from your mind. This allows you to focus on more important and positive thoughts.

## Proven benefits of journaling:

- Promotes mindfulness
- Creates a more positive mindset
- Reduces stress and anxiety
- Regulates emotions
- Can help you to prioritise problems
- Improves cognitive function
- Creates a greater sense of self-awareness

If you're new to journaling, the next page provides a simple guide on how to get the most out of your journaling experience.

On pages 5 and 6 there are some Journal Prompts to help you get started.



## 1 - Get Comfortable

Make sure you're sat in a private location where you won't be disturbed. Try to make your space comfortable and calming in whichever way feels best to you. You could light a candle or play some relaxing music. This is your time.



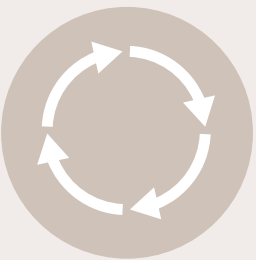
## 2 - Find your style

Buy a journal you will enjoy using (The Kokoro Journal is a great one to start with) There are no rules to journaling and there is no right or wrong way to write. Structure your writing in a way that feels comfortable to you. Most people use prompts to guide them on what to write about.



## 3 - Give yourself time.

Make sure you're allowing yourself a good amount of time to sit and write. This includes time to reflect upon your writing and also time to balance yourself afterwards. This can be done anytime you like, as long as you can dedicate the time to your writing that's the main thing.



## 4 - Be consistent

The best way to reap the benefits of journaling is to make it a daily habit. Be consistent. Writing daily can help you to become more self-aware, it can also help you to process difficult emotions and situations as and when they arise. With any new practices, it can take time to form daily habits. Start small and work your way up.



## 5 - Remember, it's private

Try to let go of any judgements, you are writing for your eyes only. Journaling is a private space for you to write down any thoughts, feelings and reflections. Dig deep and be as honest as you can, this will help you to develop on a much deeper level personally.

# Journal Prompts

## Check-in Prompts

On a scale of 1 to 10, your mental health is at a \_\_\_, because?

What could you do to improve your mental health?

No matter how bad your day may have been, list 5 things that always make you feel better.



## Self-belief Prompts

What does "being confident" mean to you?

How do you think confidence relates to happiness?

Write down 3 things you like about your appearance?

Write about a time you were able to overcome a fear. How did you feel afterwards?



## Daily Prompts

What 3 things are you grateful for?

What was your favourite thing about today?

How did you stay true to yourself today?

If you didn't stay true to yourself today, how can you do better tomorrow?

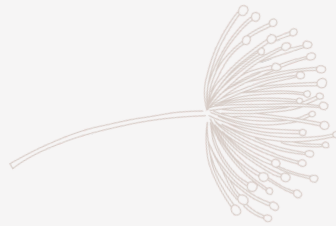
# Journal Prompts

## Self-reflection Prompts

Currently, what are your 3 biggest goals?

What did you do today to bring yourself one step closer to achieving them?

How can you step outside of your comfort zone to grow?



## Self-discovery Prompts

How would you live, if you weren't afraid of what people thought about you?

What is keeping you from living that way?

What are the top 3 things that bring you happiness?



## A Letter to You

Write a letter to your body, thanking it and complimenting it.

Write a letter to yourself, accepting you for who you truly are.

Write a letter to yourself, but date it 1 year from now.

Write it as if the past 12 months have gone exactly how you wanted.

Keep it positive and list all of the things you want to happen.







# What is Mindfulness?

Mindfulness is a form of mental exercise, whereby you deliberately and intentionally focus on observing your thoughts, feelings and emotions in the present moment, without judgement or interpretation. When you reconnect to the present moment, you regain a sense of stillness and calm.

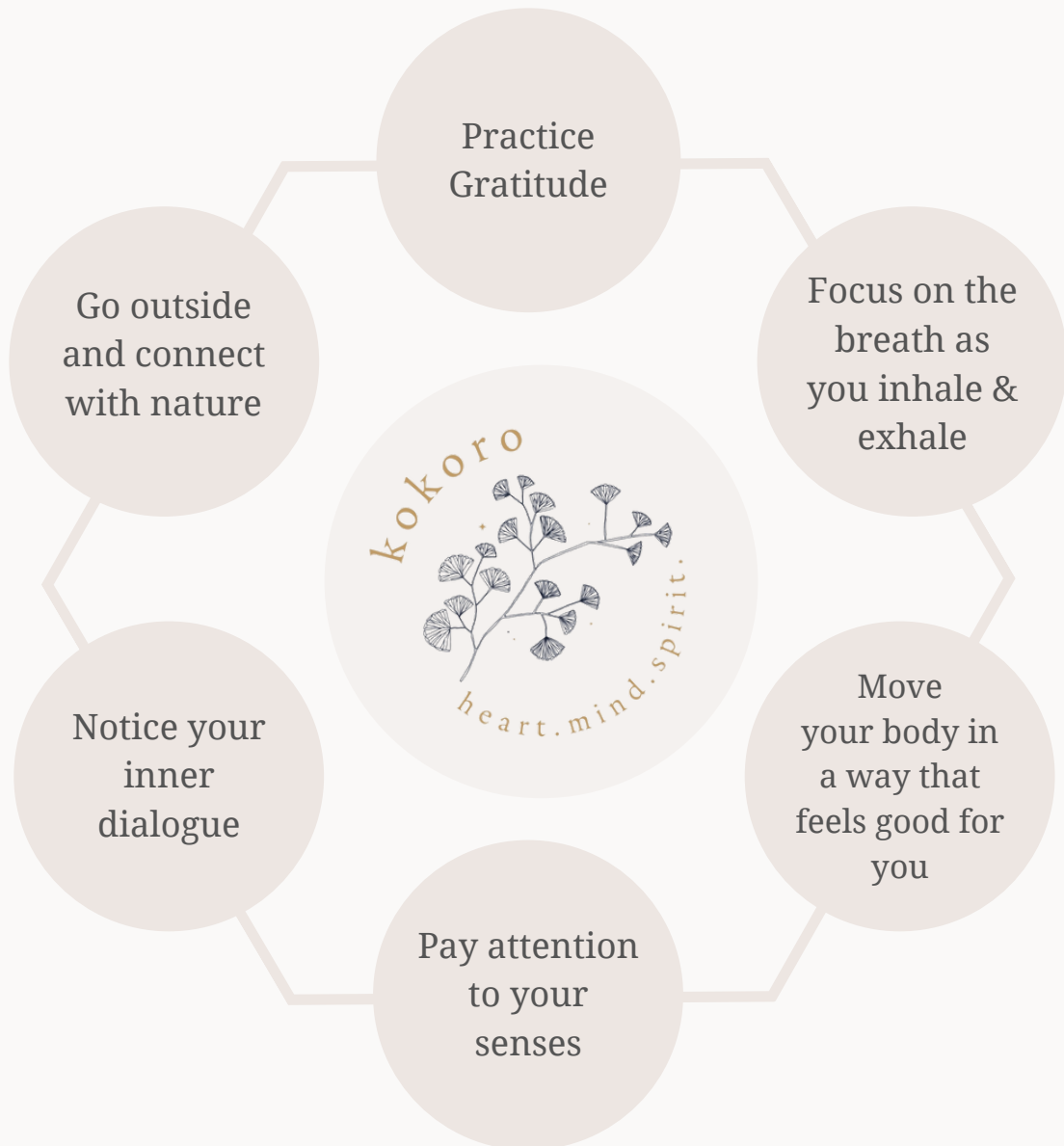
There are lots of ways in which you can practice mindfulness, on the next page you will find some examples.

Most mindfulness practices are free to do and can be practiced anywhere.

On page 10 I have provided 2 examples of quick and easy mindfulness practices you can incorporate in to daily life.



# Simple Mindfulness



# Mindful Practices

## Start your Day with Purpose

First thing after you wake up, sit in your bed with a relaxed posture. Close your eyes and connect to the sensations of your body as you sit.

No judgements, just observing.

Take 3 deep breaths in and out through your nose, observing how the breath feels as it enters the body.

Then set your intention for the day. For example - you could say to yourself "Today I will be kind to myself and patient with others".



## Mindful Eating

Next time you have a meal, focus on the food as if it's the first time you're eating it.

Pay attention to your food, moment by moment, without judgement.

Use your senses to truly experience the flavours and textures.

How does it smell? Notice the colours.

What does it taste like? Is it crunchy or soft?

Make sure you mindfully savour every bite.