

# Journaling in JANUARY

## OUR MINDFUL JOURNALLING COURSE BEGINS ON FEBRUARY 15th

Join our Membership!  
Special Introductory Offer  
£10 for 6 months or join our  
Teacher Membership



Mindfulness  
Association

### MONDAY

1

Set an intention to journal mindfully, using our daily prompts. For today get a book and pen, recording equipment or online journal ready.

8

*"Each decision we take, each action we make, is born of an intention."*  
Sharon Salzberg.

Journal your response.

15

Listen to a song you like, and journal your response.

22

Capture a moment of connection in your journal today.

29

Capture a moment of movement today.

### TUESDAY

2

Why do you feel journaling is beneficial to you?

9

Journal about someone you are grateful for today.

16

*"We often take for granted the very things that most deserve our gratitude."*  
Cynthia Ozick.  
Journal your response.

23

Chose a poem and read it, then journal your response.

30

*"What is your deepest intention right now?"* - Tara Brach.  
Journal your response.

### WEDNESDAY

3

Whenever your head is feeling busy... journal it out.

10

Capture a moment of joy in your journal today.

17

Journal about someone you love today.

24

*"Acknowledging the good that you already have in your life is the foundation for all abundance."*  
Eckhart Tolle.  
Journal your response.

31

Reflect back on your month of journaling. What did you learn?

### THURSDAY

4

*"Everything rests on the tip of Intention"*  
- Tibetan Saying.

Journal your response.

11

Not sure what happened?

Journal it out.

18

Capture a moment of humour in your journal today.

25

Journal about someone you appreciate today.

### FRIDAY

5

Journal about something you are grateful for today.

12

*"Passion is energy. Feel the power that comes from focusing on what excites you."*  
Oprah Winfrey.  
Journal your response.

19

Look at a piece of art and journal your response.

26

Capture a moment in nature today.

### SATURDAY

6

Capture a moment of mindfulness in your journal today.

13

Journal about something you love today.

20

*"When you arise in the morning, think of what a privilege it is to be alive."* - Marcus Aurelius.  
Journal your response.

27

*"If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope."* - Barack Obama.  
Journal your response.

### SUNDAY

7

Whenever you feel discombobulated – journal it out.

14

Capture a moment of care in your journal today.

21

Journal about something you appreciate today.

28

Journal about how you are feeling today.

**JOIN OUR FREE GUIDED ONLINE  
MEDITATION SESSIONS**  
10.30am and at 7-7.30pm Monday - Friday  
Join our growing online mindfulness community.

**OUR WONDER OF THE EVERYDAY  
COURSE STARTS ON 8 JANUARY**  
Monday Evenings