



A FREE RESOURCE BY ANDREEA AUSTEN

Mindful Journalling

*A gentle space for reflection, creativity,
and coming back to the present moment.*

FOR PERSONAL REFLECTION

A quiet invitation

There is nowhere you need to arrive, and no right way to fill these pages. You might write in full sentences, gather fragments, draw, make lists, or leave a page open and unfinished.

Mindful journalling is an invitation to pause long enough to notice what is here: a feeling, a question, a small beauty, the texture of an ordinary moment.

Let these pages meet you as you are.

Choose a prompt that feels welcoming. Skip what does not. Return whenever you wish.

PRESENCE

Arrive here

Before writing, take one unhurried moment. Feel the surface beneath you. Notice the light. Let your attention settle without asking anything of yourself.

NOTICE

What can I see, hear, feel, smell, or sense in this moment?

NAME

Three words for how I am arriving today:

REFLECTION

What is here?

You do not need to solve what you notice. Begin by giving it a little room.

PROMPT ONE

What is asking for my attention today?

PROMPT TWO

What would it feel like to meet this without judgment?

A small moment, fully seen

The extraordinary does not always announce itself. Sometimes it is held in steam rising from a cup, a familiar voice, light across a wall, or the simple fact of being here.

REMEMBER

An ordinary moment I want to hold onto:

LOOK CLOSER

What made this moment meaningful?

Collect what catches the light

Let observation become a form of making. Gather details without needing them to become anything more.

A COLOUR I NOTICED

A SOUND THAT STAYED WITH ME

A TEXTURE BENEATH MY HAND

A SENTENCE OR FRAGMENT

SOMETHING QUIETLY BEAUTIFUL

If this moment were a poem, its first line might be...

A page without expectation

Set a gentle timer if you wish. Write without editing, explaining, or deciding whether the words are good. Let one sentence lead to the next.

Right now, I notice...

What I want to remember

CARRY WITH YOU

What became clearer as I wrote?

A GENTLE NEXT STEP

What is one small thing I can offer myself today?

A CLOSING WORD

The word I want to carry from this page:

Return to the moment

Close the journal when it feels right. Notice the room again. Let what you have written be enough for today.

*The extraordinary was never somewhere else.
It was always here.*

ABOUT THIS RESOURCE

This resource is informed by lived experience and is intended for personal reflection and creative exploration. It is not therapy, medical advice, or a substitute for professional care.

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