

The Be Do Journal

Well-being from Well-Doing

A course in Well-being through Journaling

Section 6

Meditation Journal

Meditation and mindfulness allow you to build a uniquely authentic relationship with yourself. A routine that encourages acceptance and non-judgment cultivates indispensable life skills of self-awareness, compassion and strength of focus all of which are vital friends to your well-being.

Journaling insightful observations of your practice enables you to reflect and deepen your experience.

I practice a technique called Brain Breathing. It's a short meditation lasting 3 minutes and repeated 3 times a day. The Meditation Journal is based on this practice however if you wish to modify the journal to suit your own practice please feel free. If you would like to know more about Brain Breathing I have also added that course to this.

Brain Breathing Journal (example)

As Brain Breathing is practiced three times a day there are three entries to make:

Morning BB notes

Afternoon BB notes

Evening BB notes

Make observational notes on how your practice went for example: anything that stood out, any distractions, the highs and lows, and where you could place more focus. If you wish to learn the brain breathing technique it is included free in this course. If you have your own technique feel free to modify the journal to suit you.

This journal is fairly self explanatory. As the exercise is done three times a day then it makes sense to do it in the morning, afternoon and evening.

Here in our example I've written:

Brain Breathing Journal		Date: 10/10/2050
Morning BB notes		
<i>Kept getting distracted by thoughts but managed to refocus as soon as I became aware of mind wandering.</i>		
Afternoon BB notes		
<i>Visualised my breathing really well and enjoyed feeling the energy. Mind wandered a little but not for long. Felt really clear focused afterwards.</i>		
Evening BB notes		
<i>Made me feel really tired but also relaxed which was great. Struggled a little with the visualisation.</i>		