Mindfulness Journal

Mindfulness: A Practice Log With Reflection Prompts

A mindfulness journal is a log of your mindfulness practice and what you notice when you do it. Jon Kabat-Zinn, who created Mindfulness-Based Stress Reduction (MBSR) in 1979, describes mindfulness as paying attention on purpose, in the present moment, without judging. Fill in this journal after each practice, whether it was a ten-minute sit or a mindful cup of tea.

1 Two ways to practice

Formal practice means setting time aside, for example for a breathing meditation, a body scan or mindful walking. **Informal practice** means bringing the same attention to everyday tasks, like brushing your teeth, washing dishes or eating. Both count in your log.

Why does this work? *In MBSR and similar courses, people are asked to practice at home most days. A 2017 review of 43 studies found that people did about two thirds of the practice they were asked to do, and that people who practiced more tended to get slightly more benefit. A 2014 review of 47 trials of meditation programs found moderate evidence that mindfulness programs bring small improvements in anxiety, depression and pain.*

2 Seven attitudes to reflect on

In his book *Full Catastrophe Living*, Kabat-Zinn names seven attitudes that support mindfulness practice. Pick one to write about after you practice.

Attitude	A question for your journal
Non-judging	What did I label as good or bad? Could I just notice it?
Patience	Where did I want things to hurry up?
Beginner's mind	What did I notice as if for the first time?
Trust	When did I trust my own sense of what I needed?
Non-striving	Could I practice without trying to get somewhere?
Acceptance	What did I let be as it is, even if I did not like it?
Letting go	What thought or feeling did I hold on to, and could I loosen my grip?

The attitude I want to bring to my practice this week, and why:

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2026 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about mindfulness:

Mindfulness Journal

Mindfulness: A Practice Log With Reflection Prompts

3 Practice log

Date	Practice	Minutes	What I noticed
3 Nov	*Breathing meditation*	*10*	*My mind kept planning dinner. I brought it back about ten times.*

4 Reflection

Pick one attitude from page 1. Where did it show up for me this week?

What got in the way of practicing, and what helped?

Mindfulness can sometimes bring up difficult memories or feelings. If that happens, open your eyes, move, or stop for the day. If it keeps happening, especially if you have been through trauma, practice with a trained teacher or a therapist.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2026 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about mindfulness: