

## Introduction:

For this activity, you will be asked to spend one week reflecting mindfully. To do this, you can choose between writing a mindfulness journal, recording short mindfulness reflection videos, or keeping a mindfulness calendar (see further directions below). At the end of the week, you will be asked to complete an analysis of your experience and upload it to your course's learning management system (LMS).

## Option 1 - Mindfulness Journal:

Every day this week, you should spend about 10-15 minutes journaling in a way that helps you explore your thoughts and stay focused in the present. You can either keep a physical journal or type your entries in Word or Google Docs. You can write about anything that comes to mind, but you might use one of the following sites to help you generate ideas:

- [35 Mindfulness Journal Prompts for Students and Adults](#)
- [Journaling for Mindfulness: 44 Prompts, Examples, and Exercises](#)

## Option 2 - Mindfulness Videos:

For this option, follow the same directions as Option 1 but, instead of journaling, record videos that explore your thoughts and ground you in the present. Each video should be approximately 30-60 seconds. You can talk about anything that comes to mind or use some of the same prompts from the links above. You can choose to record your videos either with your computer or on your phone. You will ultimately want to combine your videos into one file:

- If you are using an iPhone or a Mac, you can [combine videos with the iMovie app](#).
- If you are using an Android phone, you can [download one of the free apps](#) listed on this site to combine videos.
- If you are using a PC, you can [use the Windows Photos app to combine videos](#).

## Option 3 - Mindfulness Calendar:

Instead of journaling or recording yourself, you can develop and follow your own week-long mindfulness calendar. Every day you should perform a different activity related to mindfulness and then write a brief reflection on how you felt and what you learned. You might use the following sites to help you generate activities for your calendar:

- [One month of mindfulness](#)
- [Monthly action calendars](#)

## Final Analysis:

Once you have finished your mindfulness week, you should write a short (1-2 pages) analysis of your experience using the following questions. Please upload this document to the course's learning management system (LMS).

- How did you feel as you completed your chosen mindfulness exercise?
- What was most challenging for you?
- What did you enjoy the most?
- What did you learn about yourself?
- How might you continue incorporating mindfulness into your daily routine?