

WRITING MEDITATION WORKSHOP

Your Name:

SETTING AN INTENTION

What do you hope to accomplish today in your writing? Write down the intention you set at the end of your mindful breathing.

Before you read through your draft, take a moment to explain how you plan to approach this intention. What are some steps you might take to reach this goal?

MINDFULLY REVIEWING YOUR DRAFT

Now that you have recorded your intention, release it from your mind. Without thinking about anything in particular, read through your draft with mindful contemplation. Use the space below to reflect upon your thoughts as they arise naturally out of your reading.

Now that you are aware of these raw thoughts about your writing, use the following space to critique each thought, determining whether to use it, develop it, or let it go.

INTENTIONALLY REVIEWING YOUR DRAFT

Return to your set intention. With this writing goal in mind, read through your draft again. Mark the areas you hope to improve. In the space below, explore how your intention could be applied to these areas.

REFLECTING UPON YOUR WRITING MEDITATION

Take a moment to reflect upon your experience with this writing meditation workshop. How did it make you feel? Did you find it helpful? How so? Did you not find it useful? Why not?

When you are finished with this workshop, you are free to quietly leave. Hold onto your rough draft and this worksheet so you can submit them with your final writing process portfolio.