Go Deep
Art Journaling

Checking In

Checking in with ourselves is one thing we can do that will serve us in our intention to be more mindful. We routinely check in with the people around us asking "how are you today" or asking friends "how have you been feeling" but rarely do we ask ourselves how we are. Cultivating a more intentional relationship with ourselves means that we observe ourselves from a new perspective. We notice how we are feeling and what sensations we are experiencing. We befriend ourselves when we check in, it becomes an act of demonstrating care and compassion for ourselves.

For the second art journal prompt we are going to employ our imaginations as we check in with ourselves. We will be asking a specific part of ourselves to speak to us through shape, line, colour, and words. In a sense we are giving a voice to a part of ourselves that cannot speak and is rarely listened to. By doing so, we will be strengthening our ability to notice and become more aware of our deepest needs as they emerge in the present moment. You may want to begin this journal entry by closing your eyes, taking a few breaths, and then noticing your surroundings. When it feels right check in with your internal self and ask …

What would my heart say right now if it could speak?

Spend a few moments letting this question ruminate inside of you. When it feels right move to your journal. Trust your impulse and inner wisdom to come out through shape, line, colour, and words. Explore a visual response first, once this feels complete write a poem in response or simply let a free-flowing journal entry emerge.

You may choose to revisit this prompt a few times over the next few weeks checking in with other parts of yourself. What is my pain hand saying? What is my tight hip saying? What is my tingling chest saying? Any sensation or part of yourself has the capacity to speak, we simply need to check in with it and then hold space for the response.

Share an image of your process or a general reflection in the forum!