

### **The Quiet Mind Journal**

Today I dedicated 15 minutes to meditation, focusing entirely on my breath. At the start, my mind was restless—thoughts about work, plans, and random worries kept popping up. But as I stayed with my breath, I began noticing the space between those thoughts. There was a quietness, a calm pause that felt refreshing. Meditation reminded me how often I get caught up in the noise of my mind and how powerful it is to just stop and observe without judgment. I realized this practice isn't about emptying my mind but about accepting whatever comes and gently returning to the present moment. After meditating, I felt more centered, less reactive, and more open to whatever the day brings. I want to make this a daily habit because this inner peace is something I can always return to, no matter what's going on outside.