

# Guided Journaling Exercise



## Disconnect to Reconnect

Take some time this week to spend less time on electronic devices and choose one person to connect with either in person or on the phone. Describe your experience. Did you feel a deeper connection to this person? In what ways?

Choose one day this week to get away from your daily routine to reconnect with yourself. Write out your experience using the guide below:

What did you hear?

What did you smell?

What did you feel?

What did you see?

How did the above experiences allow you to reconnect to yourself and others?