

The Ink of My Actions

"The pen is the tongue of the mind."
~Miguel de Cervantes



DATE : _____

M T W T F S S

WHY BEGIN WITH A PEN?

A pen waits quietly until it is held. Its purpose comes alive only when it writes. Our values are much the same; love, honesty, compassion remain only ideas until we choose to live them. This reflection is part of The Healer's Diary video series. You can watch the companion video, "[The Pen Metaphor: How to Live Your Values Every Day | Mindful Living](#)," to sit with the metaphor before you write. Each word, each gesture, each choice becomes a line of ink in the story of who you are becoming.

What shall I choose today?

Choose your pen
My guiding value for today is...

Begin to write with it.
One way I can show this value in action today is...

Notice the lines forming.
A small choice that would reflect
this value today is...

Just as ink makes words real,
your actions give life to your values.

Reflections to Carry With Me

How did it feel to hold this value as
a pen in my hand?

Where did I notice resistance or
ease in "writing with it"?

What story do I want today's page to tell?