

# 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?