

mindful *Composition*

By Jaime Walsh

THIS BOOK
BELONGS TO:

Mindful journal prompts, designed to encourage students to reflect on their personal experiences while exploring rhetorical appeals such as ethos, logos, and pathos.

This is a companion journal for
ENG Composition courses.

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Hello,

Writing can be a daunting task. Whether it's the blank page staring back at you or the pressure to organize your thoughts clearly, the act of writing often feels like an epic struggle. But what if writing came with ease? What if you could approach it with the same sense of presence you might bring to a peaceful walk or a quiet meditation? This is where reflective writing comes in—an approach that turns writing into a practice of self-discovery and mindfulness. The focus is not just on the final product but on the process itself.

Becoming a reflective writer is about becoming aware of your own thought patterns, beliefs, and emotional responses as you write. It's about noticing how logic, emotion, and personal experience shape your words and the way you communicate. Through mindfulness, you can unlock deeper insights into your writing process, making it a more rewarding, authentic, and engaging experience.

Through a series of carefully crafted prompts, you will explore the principles of ethos (character and credibility), logos (logic and reason), and pathos (emotion and feeling). These rhetorical appeals are the building blocks of powerful writing—and understanding how they work in your own writing will help you become more intentional and thoughtful in what you create.

This reflection is essential because it gives you the tools to not only improve your writing, but also to better understand how other writers use these same rhetorical appeals. By recognizing these patterns in your own work, you'll be able to identify them in others, too—allowing you to become a more critical and appreciative reader.

As you move through the prompts in this book, allow yourself to pause, reflect, and listen to the story your writing is telling you. Embrace the journey of becoming a reflective writer—one that's filled with growth, self-awareness, and endless possibilities.

Best,

Jaime



Ethos (Character / Credibility)

Date:

- Think about a moment when you felt truly authentic. What made you feel aligned with your values? How did others react to your authenticity?

Date:

- Reflect on a situation where you had to build trust with someone. How did you establish your credibility, and how did it influence the conversation?



Ethos (Character / Credibility)

Date:

- Consider a time when you learned something new. What sources did you trust, and why? How did that trust shape your perspective?

Date:

- How do you show up authentically in your writing? What personal values or beliefs do you incorporate, and why does that matter to you?

Ethos (Character / Credibility)

Date:

- Describe a time when you had to make a tough decision based on your beliefs. How did your actions reflect your character?

Date:

- Think about a mentor or role model you admire. What traits or qualities do they have that you look up to, and how do they inspire your own actions?

Ethos (Character / Credibility)

Date:

- Think about a time when you felt misunderstood. How did you try to show who you truly are in that situation?

Date:

- Reflect on a moment when you helped someone else feel heard or understood. What did that experience teach you about your own credibility?



Logos (Reason / Logic)

Date:

- Reflect on a challenging decision you've made. What were the logical steps you took to make your choice? Were there any facts or evidence that guided you?

Date:

- Think about an argument you've recently encountered. How did you evaluate the reasoning behind it? Did the logic make sense to you, or did you find flaws?

Logos (Reason / Logic)

Date:

- When faced with an obstacle, how do you approach it methodically? What steps do you take to break the challenge down logically and find a solution?

Date:

- Think of a time you explained something complex to someone. How did you organize your thoughts and present the information clearly?



Logos (Reason / Logic)

Date:

- Reflect on a time when your reasoning was challenged. How did you handle that moment? What did you learn about your logical processes?

Date:

- What role does evidence play in how you understand and interpret the world around you? How do you seek out reliable information?

Logos (Reason / Logic)

Date:

- Consider how you organize your thoughts before writing or speaking. How do you ensure your ideas are presented clearly and logically?

Date:

- Think about a time when you used data or facts to persuade someone. How did you decide which facts to share and how to present them?

Pathos (Emotion/ Feeling)

Date:

- Reflect on a piece of writing or media that moved you emotionally. What about it triggered your emotions, and why do you think it had that effect?

Date:

- Consider a time when you shared an emotional story. How did that story resonate with others, and how did it deepen your connection with them?
-

Pathos (Emotion / Feeling)

Date:

- Think about a moment when you experienced a strong emotion during an event. What caused that emotion, and how did it shape your actions or thoughts?

Date:

- Describe a time when you were able to comfort or support someone emotionally. How did you respond to their feelings, and what impact did it have on them?



Pathos (Emotion / Feeling)

Date:

- Think of a time when you connected with someone over shared feelings or experiences. How did that emotional connection influence the conversation or situation?

Date:

- What emotions do you want your readers or audience to experience when they read your writing? How do you evoke those emotions effectively?

Pathos (Emotion / Feeling)

Date:

- Reflect on a personal belief or cause that you feel passionate about. How do your emotions connect to your commitment to that cause?

Date:

- Think about a time when you felt proud of yourself. What emotions were tied to that pride, and how did you express them?

Pathos (Emotion / Feeling)

Date:

- In your writing, what types of stories do you gravitate toward? Do they appeal to your logic, emotions, or values? How do you think this affects your audience?

Date:

- Think about a challenge you're currently facing. What evidence (logos), emotional reactions (pathos), or personal beliefs (ethos) come into play when you reflect on this challenge?



Final Reflection

- Consider how mindfulness can influence your writing. How can you approach writing in a way that is both thoughtful and grounded in logic, emotion, and your authentic self?

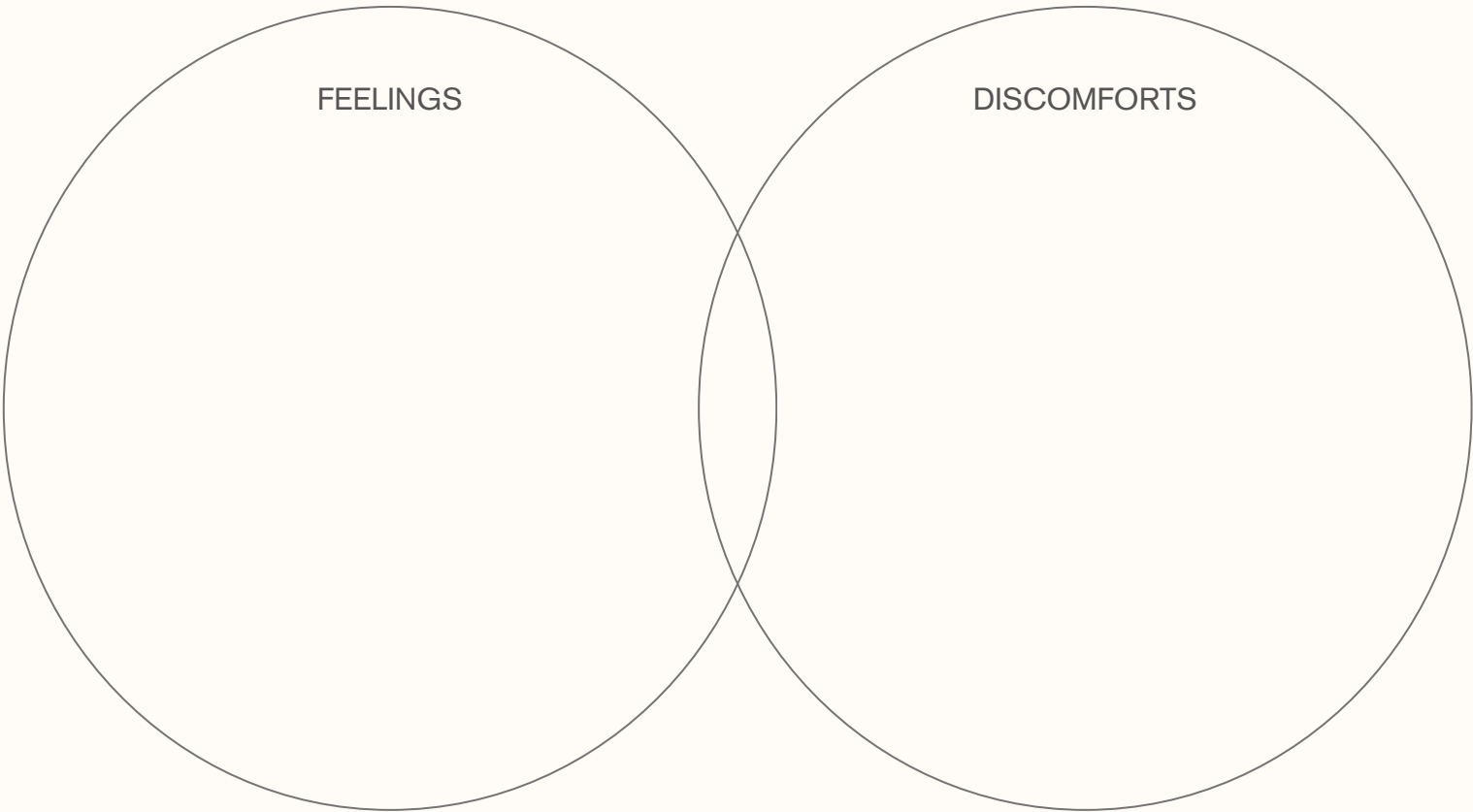


MINDFULNESS JOURNAL

DAY:

MONTH:

YEAR:



LESSONS

MINDFULNESS TRACKER

SELF-CARE	1	2	3	4	5
NUTRITION	1	2	3	4	5
FITNESS	1	2	3	4	5
SLEEP	1	2	3	4	5
PRODUCTIVITY	1	2	3	4	5

I AM PROUD OF

Goals Planner

Goal 1

(Start Date):

(End Date):

Action Steps

- ☐ _____
- ☐ _____
- ☐ _____

Notes

Goal 2

(Start Date):

(End Date):

Action Steps

- ☐ _____
- ☐ _____
- ☐ _____

Notes

Goal 3

(Start Date):

(End Date):

Action Steps

- ☐ _____
- ☐ _____
- ☐ _____

Notes

