

Mindfulness in History: Write a Letter to a Historical Leader

Objective

Write a letter to a historical person about how mindfulness could have helped them during their moment in history.



Instructions

Pick a historical leader that you've learned about. This could be someone from the past or a current leader.

Think about how their life and experience with leadership might have been stressful or hard.

Write a letter explaining mindfulness and how it could have helped them during their greatest moments in history.

Your Letter

In your letter, explain how mindfulness strategies could have helped them. Be specific; what could they have felt or done differently if they knew about mindfulness strategies?

Things to Think About

- How could mindfulness have helped them stay calm when things were hard?
- How could mindfulness help them make good choices?
- How would their life be better if they practiced mindfulness?

Mindfulness in History: Mindful Reflection from a Historical Leader

Objective

Write an imaginative journal entry or reflection from the perspective of a historical leader detailing the mindfulness strategies they used to help them during their most challenging moments in history.



Instructions

- Select a historical leader you've recently studied. This could be someone from the past or a current historical leader.
- Analyze their experience in history.
 - What challenges did they face?
 - What obstacles did they have to overcome?
 - How did they fail and take accountability for their mistakes?
 - How did they show resilience and rise from their failures?
- Step into the mindset of this historical leader. Using what you know about the mindfulness strategies and principles, write a detailed journal entry from their perspective about what it might have been like for them if they relied on these strategies and principles during moments of stress and challenge.

Example

Journal Entry from the Perspective of Ruth Bader Ginsburg

September 2000

Dear Journal,

Today was a day unlike any other. As we went around and cast our votes, my palms became sweaty and I could almost hear my heartbeat. One by one, the others spoke. When it was finally my turn, I closed my eyes and inhaled a deep breath before exhaling all of my fears. "I dissent," I calmly stated.

