



Laura Rubin, New York City, Montauk, NY, and Venice, CA
Founder of notebook brand AllSwell and creative director of communications boutique Left Left Right

“My go-to form of meditation is journaling. I began keeping a journal when I was eight and have been a consistent jotter ever since. It’s the way I ground and calm myself. The act of putting pen to paper is cathartic in a way that typing on any kind of device simply is not,” says Rubin.

“I carve out time first thing in the morning and again just before going to sleep. Sometimes it takes the shape of to-do lists, which helps still the mind before sleep or focus my energy for the day ahead. On other occasions, I find myself drawing out bigger picture concepts, recording dreams, processing experiences, or flushing out unnecessary concerns.”

(Photo: Vanessa Bieler)

