



# Meditation Journal

You are so worth slowing down for

# Day 1

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 2

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 3

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 4

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 5

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 6

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 7

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:



## Day 8

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 9

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 10

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

# Day 11

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 12

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

# Day 13

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 14

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

# Day 15

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:



## Day 16

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 17

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 18

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 19

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 20

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

# Day 21

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 22

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 23

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:



## Day 24

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 25

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 26

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 27

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 28

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

## Day 29

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

# Day 30

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation:

# Day 31

Time of Day you meditated:

How Long You Meditated:

When was your best energy today?

What were your energy drainers today?

What 3 Things are you grateful for today?

- 1.
- 2.
- 3.

Reflections on your Meditation: