

30-Day Meditation Journey

1. I'm on day ____ of my meditation journey
2. Today I meditated for _____ minutes
3. List 3 things you accomplished during your meditation

Example: breath work, guided meditation, mantras...

A. _____

B. _____

C. _____

4. Write about your experience

5. My quote for the day!

(Write whatever comes to mind) Your affirmation or mantra

Example: I own today. This is my day!
