

Meditation Journal

First! Set your intention for the next seven days.

My intention is to meditate for _____ minutes each day, _____ days this week. Record any observations and questions that arise, note the time of day and duration of your sessions this will aid in determining your peak times and monitor your level of consistency with your practice.

Date _____ Time _____ Duration _____ Level of over all satisfaction (low - high 1-10) _____

Observations:

Date _____ Time _____ Duration _____ Level of Satisfaction _____

Observations:

Date _____ Time _____ Duration _____ Level of Satisfaction _____

Observations:

Date _____ Time _____ Duration _____ Level of Satisfaction _____

Observations:

Date _____ Time _____ Duration _____ Level of Satisfaction _____

Observations:

Date _____ Time _____ Duration _____ Level of Satisfaction _____

Observations: