

MEDITATION FOR THE REAL WORLD

THE JOURNALS



NICK ANICICH

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THE JOURNAL

.Meditation for the Real World.

by Nicholas Anicich

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HOW TO USE THIS JOURNAL

Use this meditation journal to track your growth as a meditator.

It will be a great way for you to recognize patterns of thinking and action in your life that you may want to change.

It will also help you figure out any lingering questions that come from your meditation.

Staying in a reflective mode through journaling is important to make meditation a habit. My hope for you is that this journal will provide you with deeper insights into your self and

MEDITATION FOR THE REAL WORLD JOURNAL

Meditation # _____

Date: _____ Time: _____

BEFORE YOUR MEDITATION:

Set an Intention (How you want to feel after this meditation?)

AFTER YOUR MEDITATION:

How do you feel physically?

How do you feel mentally?

How do you feel emotionally?

Additional notes to remember/reflect upon:

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