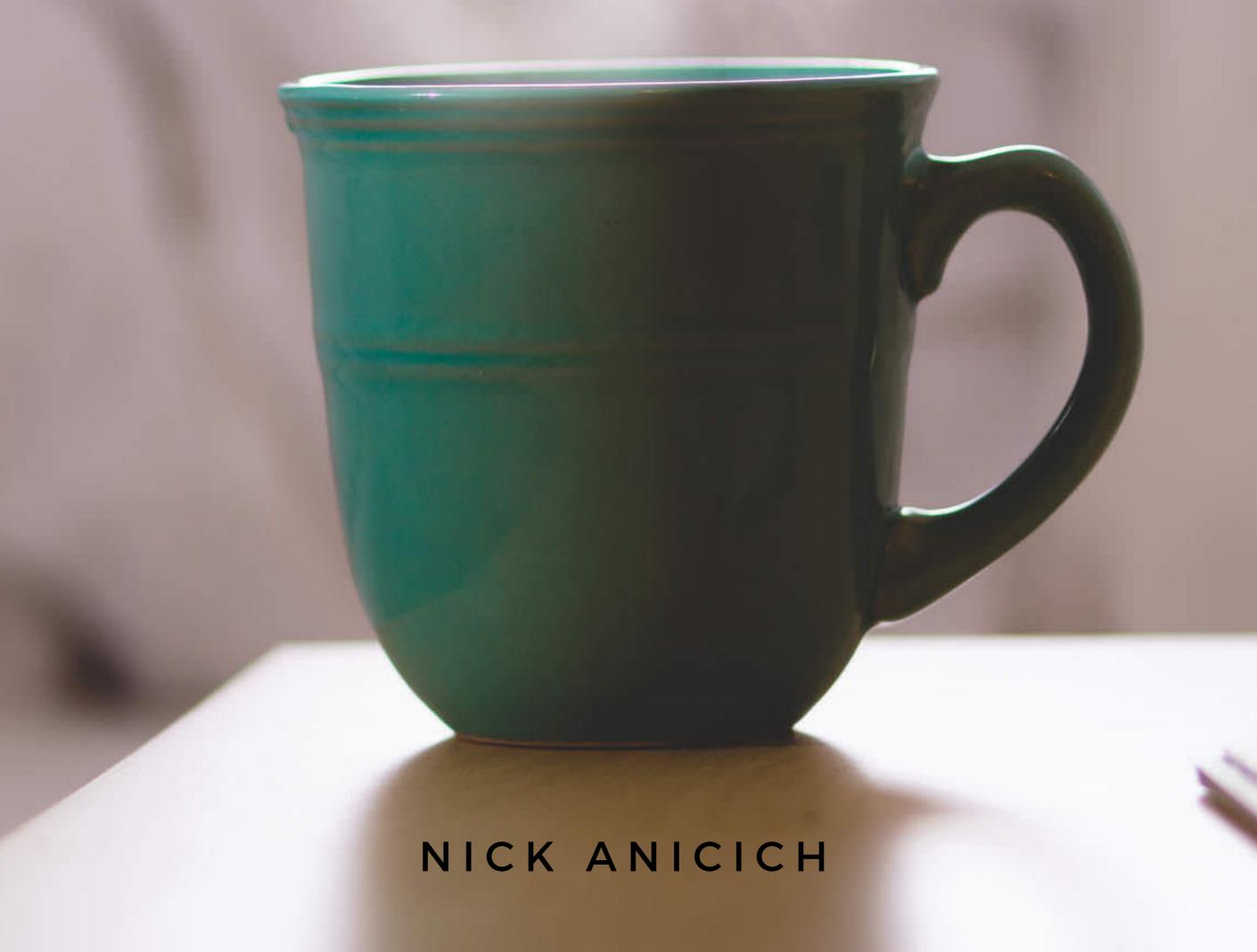
MEDITATION FOR THE REAL WORLD

THE JOURNALS



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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 #		
Date:	Time:	
	TATION: u want to feel after this meditation	
AFTER YOUR MEDIT. How do you feel physical		
How do you feel mentally	y?	
How do you feel emotion	ally?	
Additional notes to remen	nber/reflect upon:	

Meditation #		
Date:	Time:	
	TATION: u want to feel after this meditation	
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How do you feel mentally	y?	
How do you feel emotion	ally?	
Additional notes to remen	nber/reflect upon:	

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	TATION: u want to feel after this meditation	
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