

# Deeper Still

ADVANCED MASTER CLASS  
TEACHER TRAINING PROGRAM



# *Hello Beloved Teacher!!!*

Welcome! I'm so excited you're diving into the next level of teacher training with me!!!

This journal is designed for you to use throughout your Deeper Still Advanced Teacher Training. As during your Level I Teacher Training, I recommend you use this journal to track your daily meditations, write down your daily experiences in the time you spend in meditation and your hours outside of meditation, and do a weekly recap/assessment. When you record your experiences in this way, you'll notice patterns and gain more clarity. It will help you stay on track and become more aware of the difference meditation is making in your life, and can make in the lives of those you interact with – and teach!

## **How to Use this Journal:**

Use this journal daily during your training. For each day's entry, record how you felt while meditating and any experiences you observe.

Feel free to record any insights – such as how calm, happy, and clear you felt during your day – or any trends you notice.

There's just one rule with this journal and that is: Don't interrupt your meditation to write things down. Do your meditation first, then make notes in your journal.

Ultimately, the main "rule" of meditation is to do what works best for YOU. So write down whatever you feel inspired to track. This journal is a tool. Use it in whatever way is best for you.

Remember, you're always only one meditation away from your practice.

Peace,

~ davidji

# Day 1

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

# Day 2

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 3

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 4

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 5

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 6

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL



# Day 7

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Week 1 Review

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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# Day 8

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

# Day 9

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 10

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 11

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 12

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL



# Day 13

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 14

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Week 2 Review

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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MY MEDITATION JOURNAL

*Day 15*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 16*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 17*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY 0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 18*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 19*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 20*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 21*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY 0 1 2 3 4 5 6 7 8 9 10  
MY MEDITATION JOURNAL

# *Week 3 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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# Day 22

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

# Day 23

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 24

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL



# Day 25

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 26

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 27

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 28

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

## *Week 4 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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MY MEDITATION JOURNAL

*Day 29*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_  
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Experiences out of Meditation \_\_\_\_\_  
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Other \_\_\_\_\_  
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MY STRESS PULSE FOR TODAY 0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 30*

Duration & Type of Meditation \_\_\_\_\_  
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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 31*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 32*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 33*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 34*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 35*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_  
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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# *Week 5 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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# Day 36

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 37

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL



# Day 38

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 39

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 40

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 41

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 42

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

## *Week 6 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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# Day 43

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10



# Day 44

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 45

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 46

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 47

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 48

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 49

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

## *Week 7 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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MY MEDITATION JOURNAL

*Day 50*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 51*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 52*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 53*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 54*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 55*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 56*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_  
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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# *Week 8 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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# Day 57

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

# Day 58

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 59

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 60

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 61

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 62

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 63

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

## *Week 9 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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MY MEDITATION JOURNAL

*Day 64*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_  
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Experiences out of Meditation \_\_\_\_\_  
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Other \_\_\_\_\_  
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MY STRESS PULSE FOR TODAY 0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 65*

Duration & Type of Meditation \_\_\_\_\_  
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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY 0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 66*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 67*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 68*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 69*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 70*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_  
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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# *Week 10 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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# Day 71

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

# Day 72

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 73

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 74

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 75

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 76

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 77

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

## *Week 11 Review*



HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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MY MEDITATION JOURNAL

*Day 78*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_  
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Experiences out of Meditation \_\_\_\_\_  
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Other \_\_\_\_\_  
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MY STRESS PULSE FOR TODAY 0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 79*

Duration & Type of Meditation \_\_\_\_\_  
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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 80*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 81*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 82*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 83*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 84*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_  
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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# *Week 12 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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# Day 85

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

# Day 86

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 87

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 88

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 89

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 90

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL



# Day 91

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

## *Week 13 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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MY MEDITATION JOURNAL

*Day 92*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 93*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 94*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 95*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 96*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 97*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

*Day 98*

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_  
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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# *Week 14 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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OTHER

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# Day 99

Duration & Type of Meditation \_\_\_\_\_  
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Experiences in Meditation \_\_\_\_\_  
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Experiences out of Meditation \_\_\_\_\_  
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Other \_\_\_\_\_  
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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

# Day 100

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 101

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 102

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 103

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL



# Day 104

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

# Day 105

Duration & Type of Meditation \_\_\_\_\_

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Experiences in Meditation \_\_\_\_\_

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Experiences out of Meditation \_\_\_\_\_

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Other \_\_\_\_\_

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MY STRESS PULSE FOR TODAY

0 1 2 3 4 5 6 7 8 9 10

MY MEDITATION JOURNAL

## *Week 15 Review*

HOW OFTEN DID YOU PRACTICE MEDITATION?

*For example: Did you practice every day? Did you practice twice a day? Was your meditation frequency sporadic?*

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DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

*For example: Did you have thoughts? Were you distracted by sounds or physical sensations? Did you lose track of your mantra?*

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

*For example: Did your mind wander less? Did you notice fewer distractions? Were you able to be more open to just experiencing the present moment? Was your mantra the loudest vibration more often?*

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HOW HAS YOUR LIFE UNFOLDED OVERALL? DID YOU NOTICE POSITIVE CHANGES IN THE REST OF YOUR LIFE?

*For example: Did you feel less reactive to stress? Or feel less judgmental when something "annoys you"? Did you have an increased awareness of your mind wandering or your concentration?*

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