



My Meditation Journal

Masters of Wisdom & Meditation
Teacher Training

Hello Spiritual Warrior!

Welcome! I'm so excited you're taking this teacher training journey with me.

This journal is designed for you to use alongside your Masters of Wisdom and Meditation Teacher Training. Within these pages, I recommend you 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 eventually 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



You never change
your life until you step
out of your comfort
zone; change begins at
the end of your
comfort zone.

Roy T. Bennett

MY MEDITATION JOURNAL

Day 1

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 2

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 3

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 4

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 5

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 6

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 7

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

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?

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?

OTHER



What lies behind us
and what lies before
us are tiny matters
compared to what
lies within us.

Ralph Waldo Emerson

MY MEDITATION JOURNAL

Day 8

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 9

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 10

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 11

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 12

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 13

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 14

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

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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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?

OTHER



You may not control
all of the events that
happen to you, but
you can decide not to
be reduced by them.

Maya Angelou

MY MEDITATION JOURNAL

Day 15

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 16

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 17

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 18

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 19

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 20

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 21

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

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?

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?

OTHER



If we learn to open
our hearts, anyone,
including the people
who drive us crazy,
can be our teacher

Pema Chodron

MY MEDITATION JOURNAL

Day 22

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 23

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 24

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 25

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress for Today (1-10):

MY MEDITATION JOURNAL

Day 26

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 27

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 28

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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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OTHER



The quieter you
become, the more
you can hear.

Ram Dass

MY MEDITATION JOURNAL

Day 29

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 30

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 31

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 32

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 33

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 34

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 35

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

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OTHER



A flower does not
think of competing
with the flower next
to it. It just blooms.

Anonymous

MY MEDITATION JOURNAL

Day 36

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 37

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 38

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 39

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 40

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 41

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 42

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

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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?

OTHER



You are exactly
where you are
meant to be in this
sacred, precious
present moment.

davidji

MY MEDITATION JOURNAL

Day 43

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 44

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 45

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 46

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 47

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 48

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 49

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

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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?

OTHER



You can pretend to be
something other than who
you are but eventually
you will run out of energy
to continue because that's
not authentically you.

Caroline Myss

MY MEDITATION JOURNAL

Day 50

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 51

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 52

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 53

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 54

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 55

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 56

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

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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?

OTHER



Don't let the noise
of others' opinions
drown out your
own inner voice.

Steve Jobs

MY MEDITATION JOURNAL

Day 57

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 58

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 59

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 60

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 61

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 62

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 63

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

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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?

OTHER



Acknowledging the
good you already have
in your life is the
foundation for all
abundance.

Eckert Tolle

MY MEDITATION JOURNAL

Day 64

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 65

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 66

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 67

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 68

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 69

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 70

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

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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?

OTHER



When I let go of
who I am, I become
who I might be.

Lao Tzu

MY MEDITATION JOURNAL

Day 71

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 72

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 73

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 74

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 75

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 76

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 77

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

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OTHER



In the midst of
movement and
chaos, keep stillness
inside of you.

Deepak Chopra

MY MEDITATION JOURNAL

Day 78

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 79

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 80

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 81

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 82

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 83

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 84

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

DID ANY ASPECTS OF YOUR PRACTICE PROVE CHALLENGING?

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DID ANY ASPECTS OF YOUR PRACTICE IMPROVE THIS WEEK?

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OTHER



Whatever life
takes away from
you, let it go.

Don Miguel Ruiz

MY MEDITATION JOURNAL

Day 85

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 86

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 87

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 88

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 89

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 90

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 91

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

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?

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?

OTHER



Abundance is
not something
we acquire,
it is something
we tune into.

Dr. Wayne Dyer

MY MEDITATION JOURNAL

Day 92

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 93

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 94

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 95

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 96

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 97

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 98

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

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?

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?

OTHER



If your
compassion does
not include
yourself, it is
incomplete.

Jack Kornfield

MY MEDITATION JOURNAL

Day 99

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 100

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 101

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 102

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 103

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 104

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 105

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

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?

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?

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?

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?

OTHER



It isn't a matter of
forgetting. What one
has to learn is how to
remember and yet be
free of the past.

Aldous Huxley

MY MEDITATION JOURNAL

Day 106

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 107

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 108

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 109

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 110

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 111

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Day 112

Duration & Type of Meditation

Experiences in Meditation

Experiences out of Meditation

Other

My Stress Pulse for Today (1-10):

MY MEDITATION JOURNAL

Week 16 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?

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?

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?

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?

OTHER



Keep trusting!!!
The best is truly
yet to come!

davidji