MEDITATION JOURNAL • WEEK OF

Sunday Date / Time : 🌣 🕓 Duration: minutes 3 words that come to mind	Thursday Date / Time : \(\frac{1}{2} \) Duration: minutes 3 words that come to mind
Thoughts and doodles	Thoughts and doodles
Monday Date / Time : 🌣 🕓 Duration: minutes 3 words that come to mind	Friday Date / Time :
Thoughts and doodles	Thoughts and doodles
Tuesday Date / Time : Duration: minutes	Saturday Date / Time : \(\frac{1}{2} \) Duration: minutes 3 words that come to mind
Thoughts and doodles	Thoughts and doodles
Wednesday Date / Time : ☆ Duration: minutes	— Weekly reflection ————————————————————————————————————
3 words that come to mind Thoughts and doodles	