

MEDITATION JOURNAL • WEEK OF

Sunday | Date __ / __ Time __ : __ ☀ 🌙 | Duration: __ minutes

3 words that come to mind

Thoughts and doodles

Monday | Date __ / __ Time __ : __ ☀ 🌙 | Duration: __ minutes

3 words that come to mind

Thoughts and doodles

Tuesday | Date __ / __ Time __ : __ ☀ 🌙 | Duration: __ minutes

3 words that come to mind

Thoughts and doodles

Wednesday | Date __ / __ Time __ : __ ☀ 🌙 | Duration: __ minutes

3 words that come to mind

Thoughts and doodles

Thursday | Date __ / __ Time __ : __ ☀ 🌙 | Duration: __ minutes

3 words that come to mind

Thoughts and doodles

Friday | Date __ / __ Time __ : __ ☀ 🌙 | Duration: __ minutes

3 words that come to mind

Thoughts and doodles

Saturday | Date __ / __ Time __ : __ ☀ 🌙 | Duration: __ minutes

3 words that come to mind

Thoughts and doodles

Weekly reflection