

Seven Day Meditation Journal

A JOURNAL FOR GOALS AND REFLECTION

“Meditation opens our vision to see
unity in the diverse fabric of life.”

Rajinder Singh



Meditation Journal

TIME:

HOW LONG:

Meditation Goals:

- 1.
- 2.
- 3.

Reflection Before Meditation:

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Reflection After Meditation:

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Meditation Journal

TIME:

HOW LONG:

Meditation Goals:

- 1.
- 2.
- 3.

Reflection Before Meditation:

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Reflection After Meditation:

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Meditation Journal

DAY 3

TIME:

HOW LONG:

Meditation Goals:

1.
2.
3.

Reflection Before Meditation:

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Reflection After Meditation:

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Meditation Journal

DAY 4

TIME:

HOW LONG:

Meditation Goals:

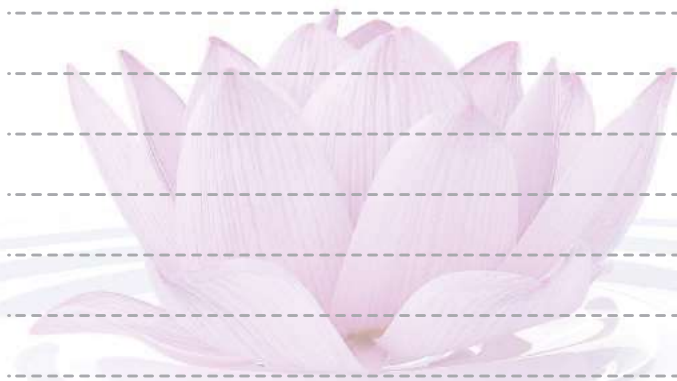
1.

2.

3.

Reflection Before Meditation:

Reflection After Meditation:



Meditation Journal

DAY 6

TIME:

HOW LONG:

Meditation Goals:

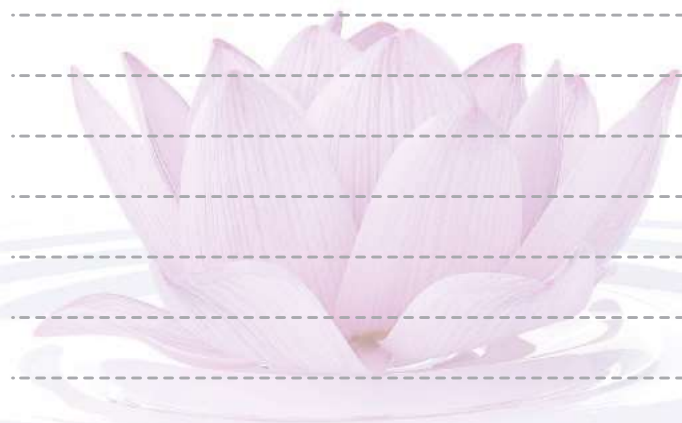
1.

2.

3.

Reflection Before Meditation:

Reflection After Meditation:



Meditation Journal

DAY 7

TIME:

HOW LONG:

Meditation Goals:

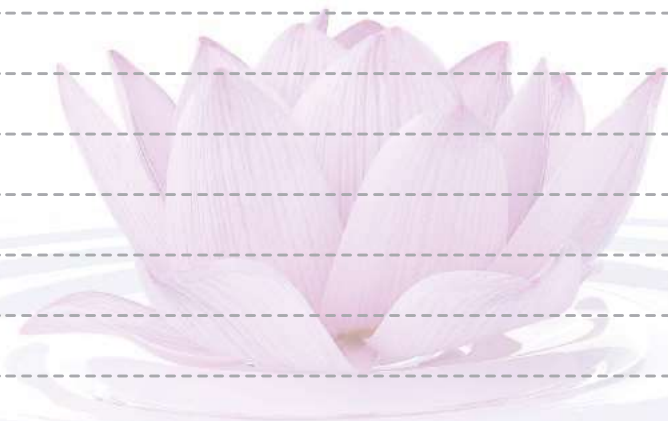
1.

2.

3.

Reflection Before Meditation:

Reflection After Meditation:



Review & Planning Ahead



TOTAL MEDITATION TIME:

Meditation Goals:

1. Goals that Worked and Why

2. Goals to Strengthen and How

7-day Reflection & Review:

Meditation Plan for the Week Ahead:

