

DATE:

TIME:

LENGTH:

**THOUGHT PATTERNS I
NOTICED TODAY:**

MOOD BEFORE MEDITATION:

MOOD AFTER MEDITATION:

GENERAL REFLECTION: HOW DID MY MEDITATION GO TODAY?

WHAT EMOTIONS, IF ANY, AROSE DURING MY MEDITATION TODAY?

WHAT IMAGES, IF ANY, AROSE FOR ME TODAY?

WHAT CHALLENGES, IF ANY, DID I ENCOUNTER? HOW DID I RESPOND TO THOSE CHALLENGES?

WHAT BENEFITS DID THIS MEDITATION OFFER? HOW WILL I CARRY THOSE BENEFITS WITH ME THROUGHOUT THE DAY?