

Before Meditation

How do I feel right now?



Describe the emotion in one or 2 words?

What is my intention for today's meditation?



What am I practicing or focusing on in my today's meditation? [Eg. Stillness, Chakras, mindfulness, love etc.]

What do I want to overcome in my meditation today?
[Eg. Anger, guilt, any situation or person]

After Meditation

How do I feel right now?



How did I do in my meditation practice?

What was I good at today?

What did I struggle with?

**Surrender to the infinite power
within you and all around you.**

My intention for the day _____

Today I want to feel _____

Notes