

### Meditation Reflections

	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
How many sessions did you do?										
How long was each session?										

How is the Winter Feast going? Have you been able to sustain a daily practice? What is your experience of answering this question?

What were your biggest challenges in maintaining a daily meditation practice in the last ten days?

Are there some particular bodily sensations you are consistently aware of? What are they?

What differences do you notice between your state of mind when you start your practice and how you feel at the end of it?

In what ways have you brought your meditation practice into your life?

Do you have any questions you would like to ask someone about your practice?

If someone were to ask you why you are trying to maintain a daily meditation practice, what would you tell them?