

Meditation Journal

	Day 31	Day 32	Day 33	Day 34	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40
How many sessions did you do?										
How long was each session?										

Day 31

Describe your state before you started.

What challenges arose for you?

What bodily sensations were you aware of?

Describe your state after the session(s).

How did you bring your meditation practice into your life today?

Anything else you want to say about your meditation today?

Day 32

Describe your state before you started.

What challenges arose for you?

What bodily sensations were you aware of?

Describe your state after the session(s).

How did you bring your meditation practice into your life today?

Anything else you want to say about your meditation today?

Day 33

Describe your state before you started.

What challenges arose for you?

What bodily sensations were you aware of?

Describe your state after the session(s).

How did you bring your meditation practice into your life today?

Anything else you want to say about your meditation today?

Day 34

Describe your state before you started.

What challenges arose for you?

What bodily sensations were you aware of?

Describe your state after the session(s).

How did you bring your meditation practice into your life today?

Anything else you want to say about your meditation today?

Please continue your journal throughout the feast using this format.