

# MEDITATION JOURNAL

Week of: \_\_\_\_\_

	BEFORE: THINK/FEEL	OBSTACLES DURING	AFTER: THINK/FEEL
<b>MONDAY</b>			
<b>TUESDAY</b>			
<b>WEDNESDAY</b>			
<b>THURSDAY</b>			
<b>FRIDAY</b>			
<b>SATURDAY</b>			
<b>SUNDAY</b>			