

Name :



Date :

Duration : mins

Method (how to calm/ still/ centre my mind) :

Result (how do I feel / experience during meditation):

My self-awareness:

• Relaxation

• Concentration

• Stillness of mind

What's the struggle

Emotions: Before med' 😐 😊 😄 😁 After med' 😐 😊 😄 😁

Happiness : ☆ ☆ ☆ ☆ ☆

Memo to myself:

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