

Guide to a Sustainable Meditation Practice:

INTENTION:

I want to meditate because:

LOCATION:

Where will I meditate:

SCHEDULE:

Duration:

When will I meditate:

Review my journal (1/month):

ACCOUNTABILITY

Every time I finish meditating

I will:

JOURNAL

I will keep track of how
meditating is affecting me by:

PROGRAM:

I will do this type of meditation:

I will access it via:

