

7 Day Meditation Challenge

Meditation Log

This challenge is for everyone who wants to meditate and heal their life. The purpose of this challenge is to hold you accountable for 7 days to begin creating a new habit. Throughout this 7 day challenge you can expect to ease tension, release stress, and learn strategies to calm your worrying mind.

Keeping a meditation journal helps us have a more definite sense of what is actually going on. If we examine our experience, honestly and with a desire to learn, then we become much more aware of what our meditation practice actually is. We can become more aware of our weaknesses and our strengths, and have a much more penetrating understanding of what we need to be working on.

Use this meditation log to record your meditations for 7 days. You can find 7 meditations that you can use for the challenge at www.lowkey.ca/meditate You may also choose to use your own meditations from another source creating a practice that works for you. Meditations can be any length you choose with a suggested minimum time of 10 minutes per meditation.

Day 1

Date & Time

Name or type of meditation

Length of practise

Journal entry

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Day 2

Date & Time

Name or type of meditation

Length of practise

Journal entry



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Day 3

Date & Time

Name or type of meditation

Length of practise

Journal entry



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Day 4

Date & Time

Name or type of meditation

Length of practise

Journal entry



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Day 5

Date & Time

Name or type of meditation

Length of practise

Journal entry



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Day 6

Date & Time

Name or type of meditation

Length of practise

Journal entry



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Day 7

Date & Time

Name or type of meditation

Length of practise

Journal entry



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