

MEDITATION *Tracker*

MEDITATION	TH	F	S	S	M	T	W
6/16 - 6/22							
6/23 - 6/29							
6/30 - 7/6							
7/7 AND BEYOND							

My goal for this meditation challenge is...

My progress this week makes me feel...

What do I need to shift to make more progress?

What worked that I need to continue?