

MEDITATION REFLECTION

save to google drive to fill out

Day ____ | Today's Theme: _____

Let's take a moment to reflect on your meditation today.

Be mindful of your feelings, thoughts and body sensations.



01 What showed up for you as you considered your intentions and why you are here, showing up for yourself?

02 What sensations, if any, were you able to notice in your body?

03 What thoughts showed up that seemed to pull you out of your meditation (e.x., I can't concentrate, this is boring, I'm not doing this right). Be specific.

04 How did you feel before practice? How did you feel after practice?

