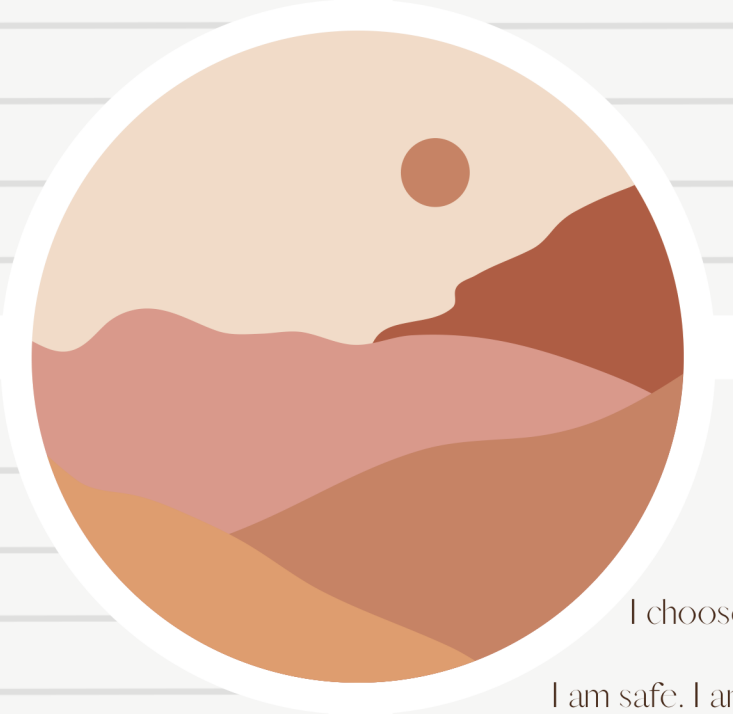
Meditation Journal

TODAY IS:

S M T W T F S

ON MY MIND BEFORE MEDITATION

GOALS FOR MEDITATION



I am anchored.

I am present.

I choose calm over anxiety.

I am safe. I am calm. I am enough.

My mind is calm and my body is relaxed.

I welcome all forms of positivity into my life.

I am becoming more relaxed with every breath.

I am alive in stillness. I let things come and go.

REFLECTION AFTER MEDITATION

MEDITATION MANTRAS