

# HOW TO USE THE PRINTABLE MEDITATION JOURNAL?

As a part of the Meditation Unblocker course, a series of printable worksheets with a colourful Journal cover are included. These are to be printed out and used according to your own personal needs.

Some sheets are filled with activities whereas other sheets work as a log journal that you can print out over and over again and use to track your progress.

Keeping track of your previous progress is a great tool for helps you to plan for your future practice. What is more, writing on its own is a very meditative process, when we have to calm our mind and focus it on a single thought which is what we will be currently writing down.

I would recommend using the printable Meditation Journal worksheets , that re included, even after finishing this course, so it becomes an ever-growing folder filled with ideas, experiences, and a clear track-record of the progress that you've made on your exciting journey! :)