



# Daily Challenge Meditation Journal

*A journal to help you remember  
the good in your life.*

The Calm & Peaceful Mind

Learn How to Recover & Transform Your Inner  
World with Meditation & Mindfulness



## *Record Your Precious Thoughts*

We recommend that each day after meditating you take just a few minutes to reflect in your journal. Charting your daily practice can be a good way to appreciate the deep inner growth that naturally happens when you slip out of thinking and into awareness through concentration and meditation. You can simply record your experience of the meditation;

it's duration - along with your reflections and contemplations that came up during your practice.

You will find that once you have developed stronger meditative and mindful habits, that your life will change. The old defeating habits and patterns will slowly dissolve and true balance will gradually awaken.

Through small daily changes of routine, your whole inner world will become peaceful, calm and joyful, and will then be reflected back out into the world.



## *Worksheet Journal Day One*

1. In your life, what do you struggle with the most, and what would your life look and feel like, if you could overcome this?
2. Did the meditation feel easy or hard?
3. How was the experience for you ? What was the overall felt sense of the meditation?
4. How did you feel physically, were you able to drop out of the head and right into sensations in your physical body?

# Worksheet Journal Day One

[illegible]

After listening to today's first meditation, spend a couple of minutes answering these questions.





## *Worksheet Journal Day Two*

MEDITATION is the process and practice of becoming quiet and still, slowly settling the thoughts of the mind in order to move inwards and gain access to your own inner landscape.

As we reach the silent, still background beyond the thoughts and thinking, beyond the conditioning and judgements, it is there that we discover our natural state of peace, love and contentment. It is from this place that we truly begin to heal and live with a vitality we have never before discovered.



## *Worksheet Journal Day Two*

1. Meditation will put you in touch with all the disconnected, painful or buried parts of yourself. How would it feel if you could you finally heal, integrate, accept and love these parts of who you are?
2. Did the meditation feel easy or hard?
3. What was the underlying emotion you experienced?
4. What thoughts or emotions pulled you out of Awareness?

# Worksheet Journal Day Two

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

After listening to today's first meditation, spend a couple of minutes answering these questions.



## *Worksheet Journal Day Three*

Mindfulness is the living presence, the awareness that exists in each moment of life. We learn to fully experience and accept each unfolding moment without the usual judgements and stories, allowing the truth of that moment in. We learn to simply BE.

So if mindfulness is the practice of keeping our consciousness alive to the present reality, then we must practice right now in this very moment, then the next, and the next, all through our daily lives, no matter the task at hand, we are mindful.





## *Worksheet Journal Day Three*

1. Mindfulness gives you many opportunities to 'see' your thought patterns and behaviours unfolding as they occur. How would it feel for you to break free from whatever has been holding you back?
2. Did the meditation feel easy or hard?
3. What phenomena appeared during the meditation that disrupted your balance eg. sound, sensation, emotion or thought?
4. Did you notice yourself slipping off into thinking often, and were you able to come back to immediate presence?

# Worksheet Journal Day Three

[illegible]

After listening to today's first meditation, spend a couple of minutes answering these questions.