


Meditation Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Before sitting, log the meditation type you plan to practice and rate your current mood
 - After your session, record the duration and rate your mood again to see the shift
 - Rate your focus quality honestly — scattered sessions are still valuable data
 - In the reflection area, write freely about your experience: sensations, thoughts, stillness
 - Note distractions, insights, and moments of gratitude to deepen your self-understanding



Scan for a detailed guide on how to use this journal

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Duration (min): _____

Meditation type: _____

Mood before (1-10): 1 2 3 4 5 6 7 8 9 10

Mood after (1-10): 1 2 3 4 5 6 7 8 9 10

Focus quality (1-10): 1 2 3 4 5 6 7 8 9 10



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