

# Meditation

## WEEKLY TRACKER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

*Duration* \_\_\_\_\_

*Today I will be:*

Write down who you want to show up as for the day, how do you want to feel?

MONDAY: \_\_\_\_\_

TUESDAY: \_\_\_\_\_

WEDNESDAY: \_\_\_\_\_

THURSDAY: \_\_\_\_\_

FRIDAY: \_\_\_\_\_

SATURDAY: \_\_\_\_\_

SUNDAY: \_\_\_\_\_

*I am grateful for:*

Write down 3 things each day you are very grateful for.....

MONDAY

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

TUESDAY

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

WEDNESDAY

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

THURSDAY

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

FRIDAY

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

SATURDAY

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

SUNDAY

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_