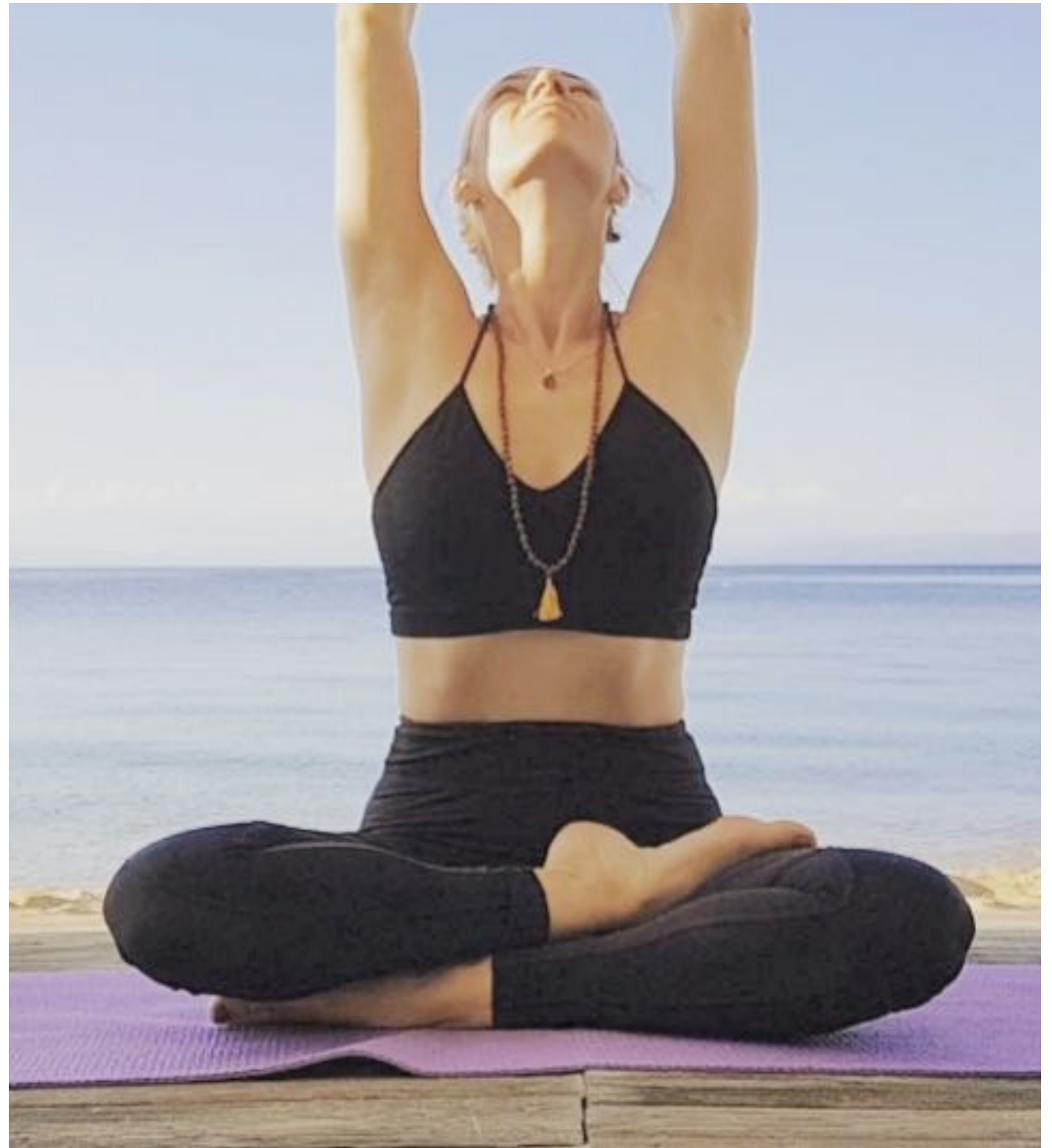


With Yogabstudio

21 Days - 21 Minutes of Meditation

My personal Journal.



Commitment

Welcome

to the start of a transformative journey!

Congratulations,
You just made an extraordinary commitment on the next step of your life journey. Over the next 21 days we will work together to create a firmer foundation of what it is to meditate, growing our strength, stillness and serenity together.

During this period you will develop your ability to sit and witness, invoking a deeper perception on life. I recommend journaling through this period to help the filtering of your mind, this will help you express your emotions and understand how everything is connected in how you react through the process of life!

Since this program occurs on your own time, namely your everyday life, the results are really up to you.

Please read and sign the following agreement:

“I am committed to my own personal growth and development.”



Sign on the line!

List any additional personal commitments below:

Please Sign:

Date:

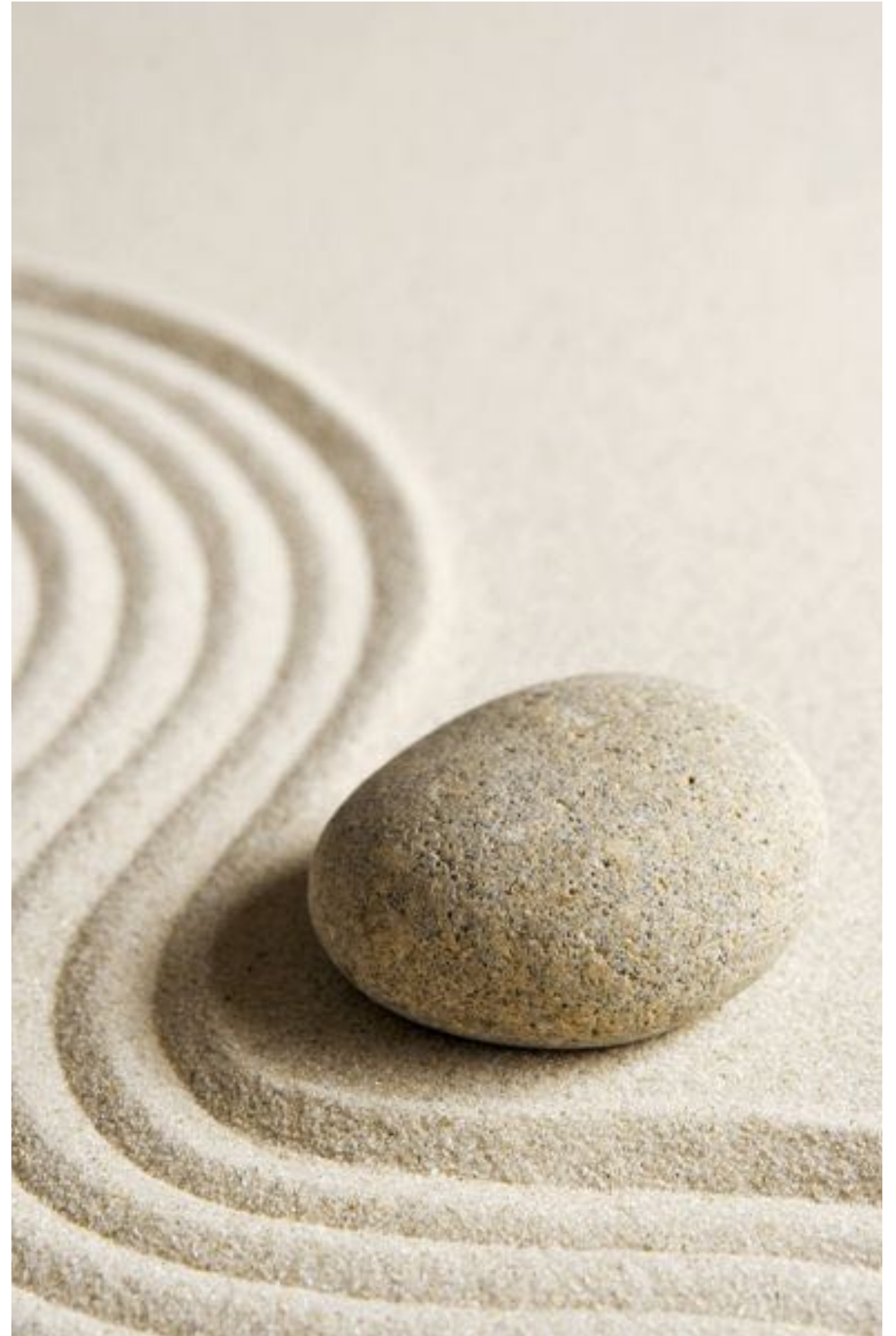


Goals

List 3 personal goals you have for this course:

Please Sign to commit to your goals:

Date:



Day 1 - Time:

Date:

How was my first experience, feelings/ thoughts?
(be really honest in your journaling i.e I found it really hard because... or I felt free and...)

What came up in my mind that surprised me?:

Day 2 - Time:

Date:

Today I felt:

I was able to:

Day 3-

Time:

Date:

My meditation today:

Day 4 -

Time:

Date:

Today I felt:

Day 5-

Time:

Date:

I'm feeling that :

Day 6-

Time:

Date:

I noticed:

Day 7 - Date: _____ Time: _____

Finishing my first week of 7 min meditation I have noticed:

I feel that I have developed:

I have noticed in my daily life that:

I am committed to the next part of my growth!



Day 8 - Time:

Date:

How was my first experience, with 14 mins meditation?

What difference did I witness?:

Day 9 - Time:

Date:

Today it felt:

I was able to:

Day 10 -

Time:

Date:

I noticed that:

Day 12 -

Time:

Date:

I'm developing :

Day 11 -

Time:

Date:

Today I felt that:

Day 13 -

Time:

Date:

I witnessed :

Day 14 - Date: _____ Time: _____

Finishing my second week of profession to 14 mins meditation I have noticed:

I noticed that in comparison from the first week that:

I feel like daily meditation is helping me:

I am here and committed to the next part of my meditation journey!



Day 15 - Time: Date:

Progressing to 18 mins of meditation I felt?

I experienced :

Day 16 - Time: Date:

The second day of 18 mins felt :

I witnessed:

Day 17 -

Time:

Date:

I am feeling that:

Day 19 -

Time:

Date:

I experienced today:

Day 18 -

Time:

Date:

My meditation today was:

Day 20 -

Time:

Date:

On my final day of 18 mins I witnessed and can reflect that :

Day 21

Date:

Time:

I made it to 21 mins of stillness!!! I reflect that:

As I look back and witness where I am now, I can say that :

I feel like meditation and this course has:

I make these new commitments going forward on my journey:

Congratulations!!!

You made it!

Well done my meditating friend,
You completed and committed to your own development. I'm sure there were days when it felt uncomfortable, where it was hard and the energy it took to arrive on in your seat to still the mind felt like climbing a never ending mountain, but yet here you are at the peak.

You did it, and I hope you take this journey and continue on. This course is yours now, you can always come back, when you need a guiding voice to draw you back to the serenity that meditation can offer.

Always remember, life, like the breath, is constantly flowing, moving, changing and ready and waiting for you, when we live in the moment.

Much love to you,
Bryony x

