

# ADVANCED MEDITATION ROUTINE

## Weekly Progress & Milestone Tracker

Technique / Session

AM

Mid

PM

Vipassana (Focus & Scan)

Zazen (Open Presence)

Pranayama (Breath Control)

Metta (Loving Kindness)

## Milestone Rewards

7 Day Streak

*Small personal indulgence...*

30 Day Mastery

*Wellness experience or book...*

90 Day Transformation

*Weekend retreat or significant gift...*

"The goal of meditation is not to get rid of thoughts, but to see through them."