

BEGINNER MEDITATION JOURNEY

30 Days of Presence & Stillness

01
02
03
04
05
06
07â~...
08
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14â~...
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21â~...
22
23
24
25
26
27
30â~...

7 DAYS

Small Treat (Tea/Favorite Snack)

14 DAYS

Digital Detox Evening

21 DAYS

New Book or Candle

30 DAYS

Celebratory Self-Care Experience

"The goal of meditation is not to get rid of thoughts, but to recognize that you are more than your thoughts."