

Calm & Bright

My Weekly Meditation Journey

Name: _____ Week Of: _____

DAY	MORNING SESSION	EVENING SESSION	REFLECTION
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEKLY REWARD GOAL

Write your reward here...

I FELT MOST PEACEFUL WHEN...

Draw or write here...

"Peace begins with a smile and a breath."