

# HOLISTIC MEDITATION ROUTINE

*Mindfulness & Presence & Intention*

<b>DAY</b>	<b>FOCUS AREA</b>	<b>COMPLETE</b>
Monday	Breathwork & Centering	
Tuesday	Body Scan Awareness	
Wednesday	Loving-Kindness (Metta)	
Thursday	Visualization & Clarity	
Friday	Gratitude Reflection	
Saturday	Extended Silent Sitting	
Sunday	Restorative Mindful Walk	

**WEEKLY MILESTONE REWARD**

**MONTHLY GROWTH REWARD**

Reflection & Observations: