

# MORNING MEDITATION ROUTINE

Consistency is the path to inner stillness.

Month: \_\_\_\_\_ Focus: \_\_\_\_\_

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

## Milestone Rewards

7 Day Streak: \_\_\_\_\_

14 Day Streak: \_\_\_\_\_

21 Day Habit: \_\_\_\_\_

Full Month: \_\_\_\_\_

"The soul always knows what to do to heal itself. The challenge is to silence the mind."