

MEDITATION & MINDFULNESS

Monthly Consistency Tracker

Month: _____ Goal: _____ sessions

HABIT	M	T	W	T	F	S	S
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Morning Stillness

Breathwork (5m)

Gratitude Journal

Evening Reflection

MILESTONE REWARDS

7 Day Streak:

14 Day Streak:

Full Month:

REFLECTIONS

"Peace is a practice, not a destination."