Seven Day Meditation Journal

A JOURNAL FOR GOALS AND REFLECTION

“Meditation opens our vision to see unity in the diverse fabric of life.”

— Sant Rajinder Singh Ji Maharaj

SCIENCE OF SPIRITUALITY
Transforming lives through meditation
Meditation Journal

**Meditation Goals:**

1. 
2. 
3. 

**Reflection Before Meditation:**

**Reflection After Meditation:**

---

**TIME:** ............................................

**HOW LONG:** ......................................

SCIENCE OF SPIRITUALITY
Transforming lives through meditation

---
Meditation Journal

Meditation Goals:

1. 
2. 
3. 

Reflection Before Meditation:

Reflection After Meditation:
Meditation Journal

Meditation Goals:

1. 
2. 
3. 

Reflection Before Meditation:

Reflection After Meditation:
Meditation Journal

Meditation Goals:

1.
2.
3.

Reflection Before Meditation:

Reflection After Meditation:
Meditation Journal

Meditation Goals:

1.
2.
3.

Reflection Before Meditation:

Reflection After Meditation:
Meditation Journal

Meditation Goals:

1.

2.

3.

Reflection Before Meditation:

Reflection After Meditation:
Meditation Journal

Meditation Goals:

1.
2.
3.

Reflection Before Meditation:

Reflection After Meditation:
# Review & Planning Ahead

**Meditation Goals:**

1. Goals that Worked and Why

2. Goals to Strengthen and How

**7-day Reflection & Review:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Meditation Plan for the Week Ahead:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Copyright © 2020 All rights reserved.