

# Seven Day Meditation Journal

A JOURNAL FOR GOALS AND REFLECTION

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“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

TIME: .....

HOW LONG: .....

## *Meditation Goals:*

- 1. ....
- 2. ....
- 3. ....

## *Reflection Before Meditation:*

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## *Reflection After Meditation:*

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# Meditation Journal

DAY 2

TIME: .....

HOW LONG: .....

## *Meditation Goals:*

1. ....
2. ....
3. ....

## *Reflection Before Meditation:*

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## *Reflection After Meditation:*

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# Meditation Journal

DAY 3

TIME: .....

HOW LONG: .....

## *Meditation Goals:*

1.

2.

3.

## *Reflection Before Meditation:* .....

## *Reflection After Meditation:* .....



# Meditation Journal

DAY 4

TIME: .....

HOW LONG: .....

## *Meditation Goals:*

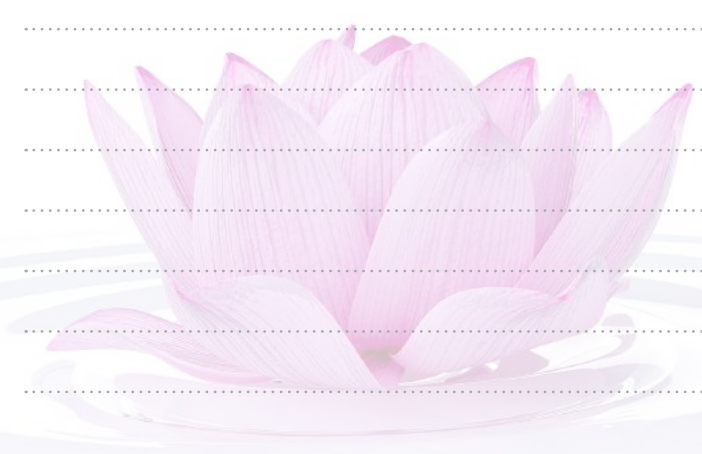
1. ....
2. ....
3. ....

## *Reflection Before Meditation:* .....

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## *Reflection After Meditation:* .....

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# Meditation Journal

DAY 5

TIME: .....

HOW LONG: .....

## *Meditation Goals:*

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2. ....  
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3. ....  
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## *Reflection Before Meditation:* .....

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## *Reflection After Meditation:* .....

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# Meditation Journal

TIME: .....

HOW LONG: .....

## Meditation Goals:

- 1. ....
- 2. ....
- 3. ....

## Reflection Before Meditation: .....

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## Reflection After Meditation: .....

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# Meditation Journal

TIME: .....

HOW LONG: .....

## *Meditation Goals:*

1. ....
2. ....
3. ....

## *Reflection Before Meditation:* .....

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## *Reflection After Meditation:* .....

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# Review & Planning Ahead



TOTAL MEDITATION TIME:

## *Meditation Goals:*

1. Goals that Worked and Why

2. Goals to Strengthen and How

## *7-day Reflection & Review:*

## *Meditation Plan for the Week Ahead:*