

Journaling tips

Choose the meditation that fits you!

Set aside 1, 5, 10 or however many minutes you would like to complete this exercise.

Document any feelings or barriers.

What meditation practice did you choose? _____

Any feelings that surfaced: _____

Any barriers to completing the exercise: _____

Pro tip

Meditation can be:

- Sitting in a quiet room
- Going for a walk
- Visualization