



Meditation Exercise

<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
How I felt before:	How I felt before:	How I felt before:	How I felt before:
How I felt after:	How I felt after:	How I felt after:	How I felt after:
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Notes</i>
How I felt before:	How I felt before:	How I felt before:	
How I felt after:	How I felt after:	How I felt after:	



