# Meditation Journal

Write each meditation experience down in your journal without judgement – it’s an observance of what’s taking place. Review the journal to see any progress or patterns.

| **Date** | **Meditation Type** | **Experience During Meditation** | **Experience After Meditation (during day)** |
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| Sample | Rechaka – Longer Exhale: I4 E6 | Mind wandered, breathe focus helped, calmer towards end | Happy, calmer to interruptions |
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