Consciously Meditating

Journal Week 2

1. How did I feel after each meditation?

2. Was I able to hold on to that feeling throughout the day?

3. Did I listen to thoughts throughout the day? Was I able to notice anything new about them that I hadn't before?

4. What thoughts came up if I didn't complete a project or task throughout the week? Was I able to simply watch them and let them pass? Or was I overtaken and did I let them get the best of me?

5. As I bring the calm state of meditation into my day, how can I use this to live in my purpose? How did I do that today?