Consciously Meditating

Journal Week 4

1. What affirmation did I come up with? Was it in line with my purpose statement?

2. Did I say it with conviction, presence, and visualize the words being supercharged with energy during my meditation?

3. How did I feel after each meditation?

4. Did I practice my breathing mantra/ affirmation throughout the day? Did it help keep me present? Was it hard to maintain?

5. As I breathe with purpose throughout the day, am I able to maintain the witness? Remember, using affirmations are a powerful way to use the mind, but don't forget that you are the witness of the mind and of life.