

Consciously Meditating
Stress & Anxiety Journal

1. How did I feel after each meditation?

2. Was I able to live in that place throughout the day?

3. Was I able to identify my major stressor? Was I able to identify smaller stressors that I constantly face?

4. Was I able to stay present, find the positive in the situation, or refocus my attention on something positive? Was I able to use all three tools?

5. How does this help me pursue and live in my purpose everyday?