Consciously Meditating

Gratitude Journal

1. How did I feel after each meditation?

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

3. Did I see any patterns of cognitive dissonance in my mind? If so, was I able to use gratitude to change and disrupt that pattern?

4. What major thing in my life am I grateful for? What smaller thing am I grateful for?

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