**Consciously Meditating**

*Relationships/ Loving Kindness 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 look at myself in the mirror and genuinely say “I love you”? What was this experience like?

4. Was I able to send loving kindness to someone who I have held resentment or negative feelings towards successfully? How was this experience?

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