Tips for using your Meditation Log

HAMSA meditation center

MEDITATION LOG

The main thing to watch out for, is beating yourself up for days you've missed. The wise method is to simply use the chart as data to help you recognize your patterns.

Be gentle with yourself. Setting up a new habit that has the power to transform your life can be a little threatening to your mind. So be patient and keep your sense of humor.

Think of yourself as a mystical scientist simply observing what is and learning to see the nature of your mind, your habits, your beliefs, your judgments, your resistance, your attachments—without judgment!

A few things to help you customize this Meditation Log:

- Feel free to pencil in the dates under the days of the week.
- The row labeled "OTHER" can be ignored, or used for noting activities like your weekly Group Meditation with your sangha, listening to a meditation on an App, or going to a special event.
- Each month has 4 weeks / 28 days so every four months you'll need to use a block to finish up the previous month.

Tracking your meditation sessions is a proven method for building the habit for a daily meditation practice. I have found it extremely useful over the years as a tool to get me back into the groove of a daily sit. There's something very satisfying about seeing those little check marks accumulating! Some of you relate, I'm sure.

Caren 😘

MONTH / YEAR	Su	M	T	W	T	F	S	Su	M	T	W	T	F	S	Su	M	T	W	T	F	S	Su	M	T	W	T	F	S
MEDITATION																												
PRANAYAMA																												
OTHER																												

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