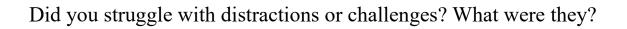
Meditation

Date: Place: Time:

Why did you choose this place to meditate?

What meditation style did you try? Why?



How can you limit those distractions or challenges in the future?

What changes made your meditation easier today?

How was meditation? What did you learn?

