**MEDITATION HABIT JOURNAL**

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| **My Meditation Goal for this week is:** |
| **DATE**  | **How long did I meditate for today (note how many sessions)?** | **What helped me to actually do it? If I didn’t do it, what barriers were there?** | **How can I reinforce the successes (reward)? How can I overcome the barriers?** |
| Example: 18 Feb | eg. AM 10 mins, PM 0 mins | eg. Barriers were that I went out in the evening and then when I got home ended up on FB wasting time! | eg. Remembering how much better I feel after meditating. Stop using FB before bed – whenever I get on FB just think can I meditate instead.  |
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