

SOUL SPARKS MEDITATION TRACKER

HOW TO USE THIS MEDITATION TRACKER

This meditation tracker will help you reflect on what works and doesn't work for you during your 5-day meditation journey. Simply record your observations below, or use this as a framework in your personal journal. I suggest you go old school with pen and paper because the act of writing and reflecting can be a centering evening ritual.

Day/ Date	Time of Day/ Duration <small>(morning, lunch, bedtime; 5, 10, 15, 20)</small>	Technique <small>(Breath, Body, Heart, Mantra, Silence)</small>	Locale <small>(bedroom, bathroom, office, car, etc.)</small>	Meditation Experience <small>(sleepy, lots of thoughts, restless, relaxed, etc.)</small>	Lifestyle Observations <small>(calmer, relaxed, less reactive in stressful situations, etc.)</small>	Love It! <small>(write down what works for you and you enjoyed from columns 3-6)</small>	Not So Much <small>(write down what you didn't like or wasn't doable from columns 3-6)</small>
Day 1 <i>(sample)</i> 1/24/16	7AM, upon waking, 15 mins	Breath	Bed	Too focused on my to-do list!	I felt more focused and productive at work	I loved starting my day off with the 5-minute breath. I want to try adding more time!	My partner snoring beside me in bed is distracting!
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6 <i>(bonus)</i>							
Day 7 <i>(bonus)</i>							



CONGRATULATIONS

Congrats! You are a shining star for completing the 5-day boot camp! Save your observations for reference as you start your very own personal practice. Look back at the items you listed in your LOVE and NOT SO MUCH boxes. These are the things that worked and didn't work for you. Chose your favorite techniques, time and duration and log them below. Now you have your personal meditation road map!

MY FAVORITE DURATION:	
MY FAVORITE TECHNIQUE:	
MY FAVORITE TIME OF DAY:	
MY FAVORITE LOCATION:	



To download additional copies of this meditation tracker visit
soulsparks.com/meditation-tracker

DAILY TIPS

1. It's ok to have thoughts
2. Don't try too hard
3. Be kind to yourself
4. Let go of expectations
5. Stick with it!

KEEP IN TOUCH

I'd love to keep in touch! Reflect on your boot camp experience, share tips, get support, and ask me questions as part of the Soul Sparks online community. #mymeditationstyle

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