

Month: April 2012

Goal: I meditate every day for at least 30 minutes

Why is achieving this goal important to me? Meditating will help me feel more in control and at peace with myself

What are 3 ways I can stay on track? 1. Meditate first thing in the morning after taking a shower to wake up; 2. ask my coach to hold me accountable at our weekly sessions; 3. Find new guided meditations on YouTube every week

When I achieve this goal, what will have changed? What will I notice that is different about me or my life? I can breathe more deeply; I don't get as angry in traffic; I have fewer headaches

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <u>1</u> X | <u>2</u> X | <u>3</u> X | <u>4</u> X | <u>5</u> ✓ | <u>6</u> X | <u>7</u> X |
| <u>8</u> ✓ | <u>9</u> X | <u>10</u> X | <u>11</u> X | <u>12</u> X | <u>13</u> X | <u>14</u> X |
| <u>15</u> X | <u>16</u> X | <u>17</u> ✓ | <u>18</u> ✓ | <u>19</u> X | <u>20</u> X | <u>21</u> |
| <u>22</u> | <u>23</u> | <u>24</u> | <u>25</u> | <u>26</u> | <u>27</u> | <u>28</u> |
| <u>29</u> | <u>30</u> | — | — | — | — | — |

Mark each day you stay on goal. At Day 14, 21 & 28. evaluate your progress and how you can improve.

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| — | — | — | — | — | — | — |
| — | — | — | — | — | — | Day 14 Review |
| — | — | — | — | — | — | Day 21 Review |
| — | — | — | — | — | — | Day 28 Review |
| — | — | — | — | — | — | — |

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