

Meditation Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
												January	13
January	14	January	15	January	16	January	17	January	18	January	19	January	20
January	21	January	22	January	23	January	24	January	25	January	26	January	27
January	28	January	29	January	30	January	31	February	1	February	2	February	3
February	4	February	5	February	6	February	7	February	8	February	9	February	10
February	11	February	12										

Intentions

1. I would like to meditate _____ times per week.
2. For _____ to _____ minutes per session.
3. I'd like to practice these kinds of meditation (silent, guided, walking, etc) _____.
4. For support, I will _____.