

30-DAY CHALLENGE

HABIT TRACKER

Goal: MEDITATE ON...

Start Date: AUG 1st

End Date: AUG 30th

DAY 1
A LOVED ONE -
PARENT / PARTNER
10 MINUTES

DAY 2
CREATIVE
WRITING / COLOR /
15 MINUTES

DAY 3
YOUR SPIRIT
FLOWER / ANIMAL
10 MINUTES

DAY 4
YOUR SISTER /
BEST FRIEND!
15 MINUTES

DAY 5
A TIME YOU FELT
BEAUTIFUL / SEXY
10 MINUTES

DAY 6
SOMEONE YOU
LOOK UP TO!
15 MINUTES

DAY 7
THE POWER OF
YOUR OWN HEART
30 MINUTES

DAY 8
YOUR FAVORITE
PET YOU HAD!
10 MINUTES

DAY 9
A FEMALE
FIGURE YOU ♥
15 MINUTES

DAY 10
BEING COZY
WITH A BLANKET
10 MINUTES

DAY 11
A CHILD YOU ♥
15 MINUTES

DAY 12
YOUR HAPPIEST
MEMORY!
10 MINUTES

DAY 13
YOUR FAVORITE
SONG! PLAY IT!
15 MINUTES

DAY 14
A MALE FIGURE
THAT YOU ♥
10 MINUTES

DAY 15
BREATHING
DEEPLY
15 MINUTES

DAY 16
A TIME YOU
LAUGHED HARD
10 MINUTES

DAY 17
DANCE! MAKE
A FUN PLAYLIST
15 MINUTES

DAY 18
THE BEST KISS
YOU EVER HAD
10 MINUTES

DAY 19
DOING A RANDOM
ACT OF KINDNESS
15 MINUTES

DAY 20
A PASSED ON
LOVED ONE!
10 MINUTES

DAY 21
NURTURING
INNER CHILD!
15 MINUTES

DAY 22
GRATITUDE FOR
YOUR BODY!
10 MINUTES

DAY 23
WHAT WOULD
FREEDOM FEEL
LIKE? 15 MINUTES

DAY 24
YOUR FAVORITE
MOVIE / SHOW
10 MINUTES

DAY 25
TELLING SOME-
ONE "I'M SORRY"
15 MINUTES

DAY 26
TELLING SOME-
ONE "THANK YOU"
10 MINUTES

DAY 27
YOUR LOVER /
DREAM LOVER
15 MINUTES

DAY 28
A TIME YOU
FELT POWERFUL!
10 MINUTES

DAY 29
JOURNALING 15
THINGS - GRATITUDE
15 MINUTES

DAY 30
POWER OF YOUR
HEART ENERGY
30-60 MINUTES