



MY GOAL

MEDITATION

Daily guided meditations for overall wellness and happiness.

RESOURCES: Guided meditations with [HEADSPACE](#) - [Buddhify app](#) - [Meditation music](#) - [Meditation tips](#)

SUGGESTED GOAL PAIRINGS: Journal - Daily Gratitude Photos

PROGRESS: For each day you complete your mediation, color in the box.

A calendar grid for tracking daily meditation. The top of the calendar is an orange header with two black punch holes and the text "DAILY MEDITATION" in white. Below the header is a grid of 30 white boxes, each containing a number from 1 to 30. The boxes are arranged in five rows: the first four rows have seven boxes each, and the fifth row has two boxes. The numbers are in orange. The grid is set against a light gray background.