



## MY GOAL

# DAILY MEDITATION

Use our resources for apps and music to make your meditation fun & simple.

**RESOURCES:** Guided meditations with HEADSPACE - Meditation music - Meditation tips

**SUGGESTED GOAL PAIRINGS:** Daily Devotionals - Read a Spiritual Book

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

A calendar grid for tracking daily meditation progress. The grid has a purple header with the text "DAILY MEDITATION" and two black punch holes. The grid itself is a 5x7 table of boxes, each containing a number from 1 to 30. The numbers are arranged in rows: 1-7, 8-14, 15-21, 22-28, and 29-30. The boxes are currently empty, intended for coloring in upon completion of the goal.

DAILY MEDITATION						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					