

# Seven Day Meditation & Gratitude Journal

A JOURNAL FOR  
GOALS & REFLECTION



FIND YOUR RYTHYM & WRITE YOUR STORY  
FOR INQUIRES CONTACT [INFO@RIGHT2HEAL.ORG](mailto:INFO@RIGHT2HEAL.ORG)

© RIGHT TO HEAL, LLC

# Day 1

TIME:

HOW LONG:

*Meditation Journal*



MEDITATION GOALS: SET YOUR INTENTION

Large light blue rectangular area for writing meditation goals.

REFLECTION BEFORE MEDITATION:

Large light blue rectangular area for writing reflection before meditation.

REFLECTION AFTER MEDITATION:

Large light blue rectangular area for writing reflection after meditation.

DATE:

TIME:



# GRATITUDE

*Write at least 3 things you  
are grateful for in this very  
moment:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*My positive affirmation for today is:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Day 2

TIME:

HOW LONG:

*Meditation Journal*



MEDITATION GOALS: SET YOUR INTENTION

Large light blue rectangular area for writing meditation goals.

REFLECTION BEFORE MEDITATION:

Large light blue rectangular area for writing reflection before meditation.

REFLECTION AFTER MEDITATION:

Large light blue rectangular area for writing reflection after meditation.

DATE:

TIME:



# GRATITUDE

*Write at least 3 things you  
are grateful for in this very  
moment:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*My positive affirmation for today is:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Day 3

TIME:

HOW LONG:

*Meditation Journal*



MEDITATION GOALS: SET YOUR INTENTION

Large light blue rectangular area for writing meditation goals.

REFLECTION BEFORE MEDITATION:

Large light blue rectangular area for writing reflection before meditation.

REFLECTION AFTER MEDITATION:

Large light blue rectangular area for writing reflection after meditation.

DATE:

TIME:



# GRATITUDE

*Write at least 3 things you  
are grateful for in this very  
moment:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*My positive affirmation for today is:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Day 4

TIME:

HOW LONG:

*Meditation Journal*



MEDITATION GOALS: SET YOUR INTENTION

Large light blue rectangular area for writing meditation goals.

REFLECTION BEFORE MEDITATION:

Large light blue rectangular area for writing reflection before meditation.

REFLECTION AFTER MEDITATION:

Large light blue rectangular area for writing reflection after meditation.



DATE:

TIME:



# GRATITUDE

*Write at least 3 things you  
are grateful for in this very  
moment:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*My positive affirmation for today is:*

---

---

---

---

---



# Day 5

TIME:

HOW LONG:

*Meditation Journal*



MEDITATION GOALS: SET YOUR INTENTION

Large light blue rectangular area for writing meditation goals.

REFLECTION BEFORE MEDITATION:

Large light blue rectangular area for writing reflection before meditation.

REFLECTION AFTER MEDITATION:

Large light blue rectangular area for writing reflection after meditation.

DATE:

TIME:



# GRATITUDE

*Write at least 3 things you  
are grateful for in this very  
moment:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*My positive affirmation for today is:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Day 6

TIME:

HOW LONG:

*Meditation Journal*



MEDITATION GOALS: SET YOUR INTENTION

Large light blue rectangular area for writing meditation goals.

REFLECTION BEFORE MEDITATION:

Large light blue rectangular area for writing reflection before meditation.

REFLECTION AFTER MEDITATION:

Large light blue rectangular area for writing reflection after meditation.

DATE:

TIME:



# GRATITUDE

*Write at least 3 things you  
are grateful for in this very  
moment:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*My positive affirmation for today is:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Day 7

TIME:

HOW LONG:

*Meditation Journal*



MEDITATION GOALS: SET YOUR INTENTION

Large light blue rectangular area for writing meditation goals.

REFLECTION BEFORE MEDITATION:

Large light blue rectangular area for writing reflection before meditation.

REFLECTION AFTER MEDITATION:

Large light blue rectangular area for writing reflection after meditation.

DATE:

TIME:



# GRATITUDE

*Write at least 3 things you  
are grateful for in this very  
moment:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

*My positive affirmation for today is:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_







Date:

Time:

# Brain Dump:

Date:

Time:

# Brain Dump:

Date:

Time:

# Brain Dump: