A JOURNAL FOR Seven Day GOALS & REFLECTION Meditation & Gratitude Journal

Balancing Emotional Health

Dr. Z. McCants & Associates

FIND YOUR RYTHYM & WRITE YOUR STORY
FOR INQUIRES CONTACT INFO@RIGHT2HEAL.ORG
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Day 1			
TIME:	HOW LONG:		
Meditation	Tournal	0	
MEDITATION GOALS: SE	TYOUR INTENTION		
REFLECTION BEFORE ME	DITATION:		
IREFLECTION AFTER MED	ITATION:		

TIME:

#### GRATITUDE

·	
2	
3	
My positive affirmation for today is:	



Day 2		
TIME:	HOW LONG:	
Meditation	Tournal	
MEDITATION GOALS: SI	ET YOUR INTENTION	
REFLECTION BEFORE M	EDITATION:	
IREFLECTION AFTER MEI	DITATION:	

TIME:

## GRATITUDE



J •	
2	
3	
My positive affirmation for today is:	

Day 3		
TIME:	HOW LONG:	
Meditation	Tournal	
MEDITATION GOALS: SE	T YOUR INTENTION	
REFLECTION BEFORE MEI	DITATION:	
IREFLECTION AFTER MED	ITATION:	

TIME:

# Balancing Emotional Health Dr. Z. McCarls & Associates

#### GRATITUDE

·	
2	
3	
My positive affirmation for today is:	



Day 4		
TIME:	HOW LONG:	
Meditation	Tournal	
MEDITATION GOALS:	SET YOUR INTENTION	
REFLECTION BEFORE	MEDITATION:	
IREFLECTION AFTER A	MEDITATION:	

TIME:

### GRATITUDE



2	
3	
3	
My positive affirmation for today is:	
	rpositive affirmation for today is:



Day 5		
TIME:	HOW LONG:	
Meditation	· Journal	
MEDITATION GOALS:	SET YOUR INTENTION	
REFLECTION BEFORE	MEDITATION:	
IREFLECTION AFTER M	EDITATION:	

TIME:

#### GRATITUDE



1	
2	
3	
My positive affirmation for today is:	

6		
	HOW LONG:	
ation	Tournal	
N GOALS: SE	ET YOUR INTENTION	
N BEFORE M	EDITATION:	
N AFTER MEI	DITATION:	
	Action  GOALS: SE	HOW LONG: Attion Tournal GOALS: SET YOUR INTENTION  BEFORE MEDITATION:

TIME:

#### GRATITUDE



1
$\gamma$
2
3
My positive affirmation for today is:



Day 7		
TIME:	HOW LONG:	
Meditation.	Tournal	
MEDITATION GOALS: SET	YOUR INTENTION	
REFLECTION BEFORE ME	DITATION:	
IREFLECTION AFTER MEDI	TATION:	

TIME:

#### **GRATITUDE**



1	
$\gamma$	
2	
3	
My positive affirmation for today is:	



TOTAL MEDITATION TIME:



#### Review & Planning Ahead

#### **7 DAY REFLECTION & REVIEW**

TAKE A MOMENT TO REFLECT ON YOUR GOALS OR INTENTIONS FOR MEDITATION THIS WEEK. WHAT GOALS OR INTENTIONS WORKED?
WHICH ONES NEED STRENGTHENING? HOW CAN YOU STRENGTHEN
THEM?

Date:

Time:

Brain Dump:



Date:

Time:

Brain Dump:



Date:

Time:

Brain Dump:

