



*Free....yet priceless,
Tools for change*

Meditation Journal

Date: _____ Time: _____

Location: _____

Self Assessment before starting.

(e.g. how are you feeling?, are any specific thoughts haunting your mind?)

After your meditation, write down anything that comes to the forefront of your feelings, thoughts, mind's eye from the meditation. It could be a description of your experience, specific insights or just things that really stood out.

What was the overall feeling from the meditation? Did you experience a range of emotions? or just a simple sense of calm?

Were there any colors, symbols, tones (sounds) or numbers that stood out? (Draw them out or describe below):

Were there any individuals, spirit forms or guides that appeared? and if so what type of message did they seem to pass on?

*If you are unsure of where to get started with meditation check out our meditation coaching program



As part of our ongoing commitment to you and your journey of self discovery, and the unleashing of the goddess within we have created a series of free tools to help you on your way which we found to be highly effective.