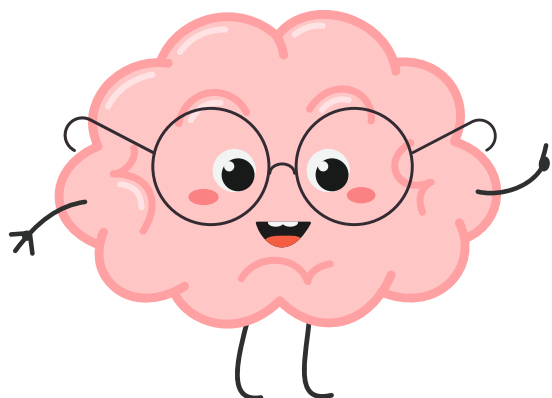


WEEK 1

MONDAY

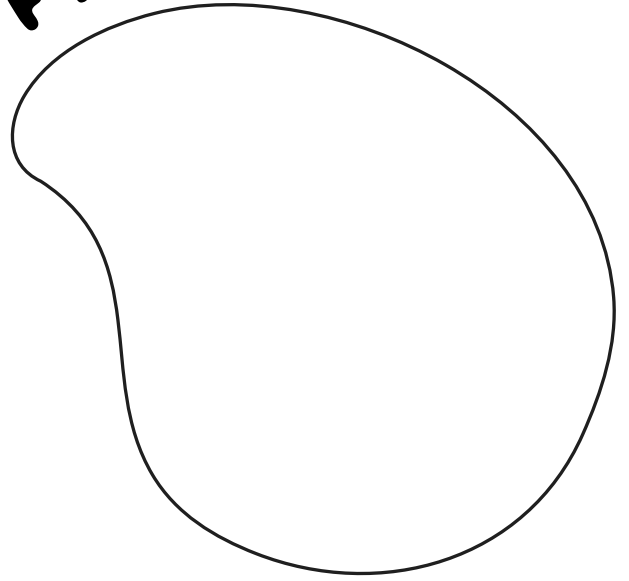
TUESDAY

Write down, or draw, how
you are feeling after your
meditation each day:)



WEDNESDAY

FRIDAY

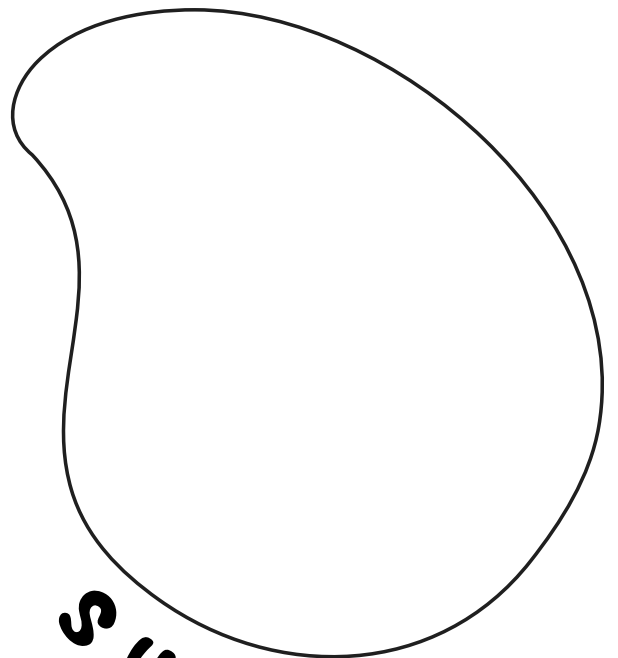


THURSDAY

SATURDAY



SUNDAY

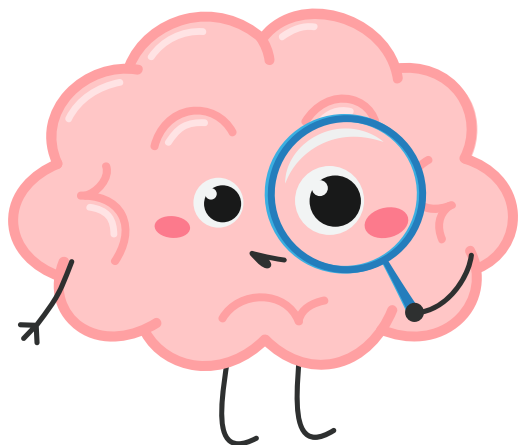


WEEK 2

MONDAY

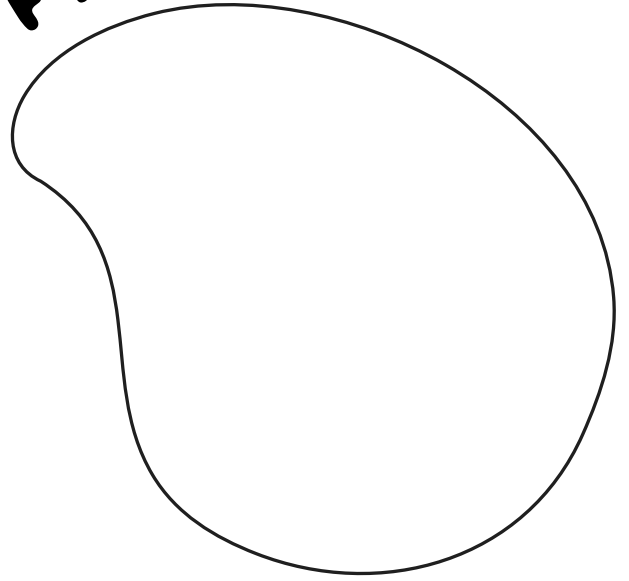
TUESDAY

Write down, or draw, how
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meditation each day:)



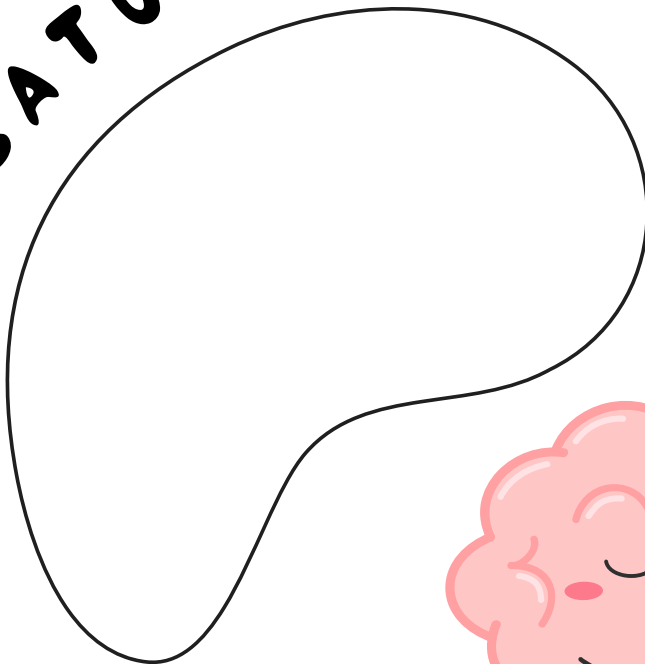
WEDNESDAY

FRIDAY

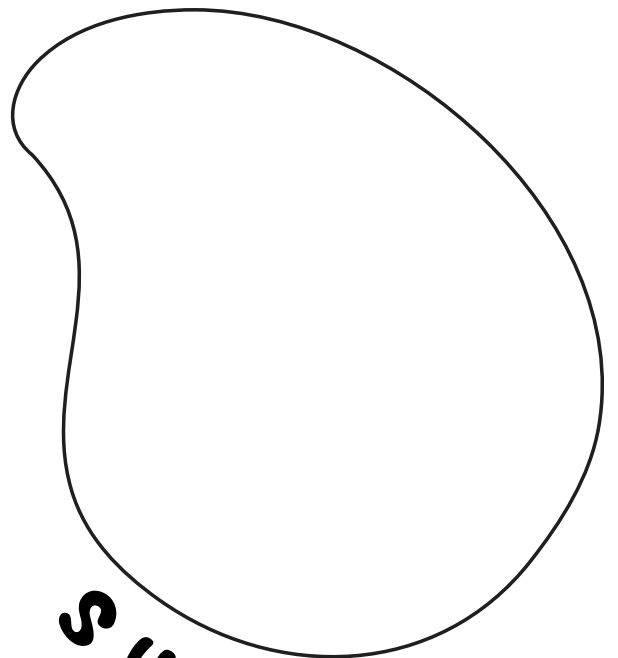


THURSDAY

SATURDAY



SUNDAY

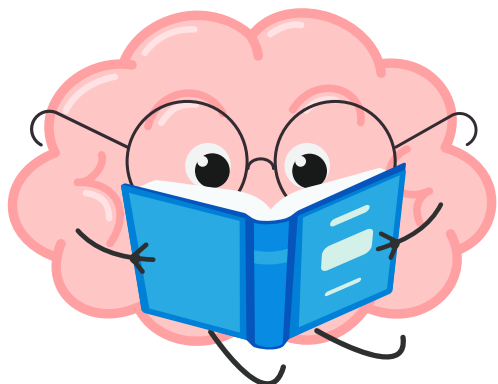


WEEK 3

MONDAY

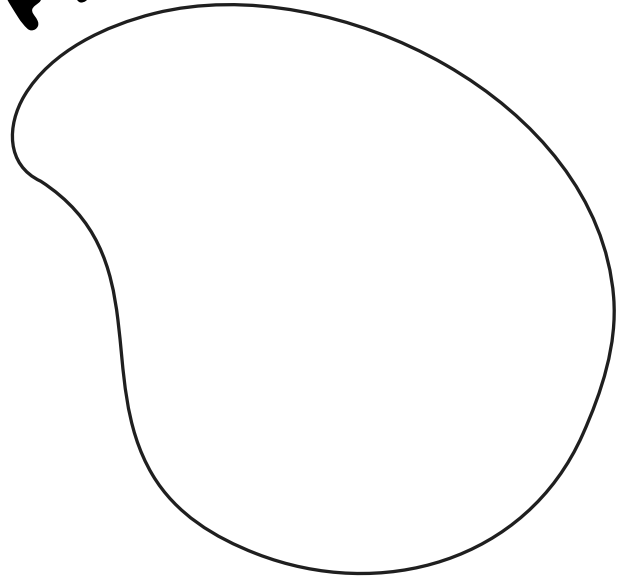
TUESDAY

Write down, or draw, how
you are feeling after your
meditation each day:)



WEDNESDAY

FRIDAY

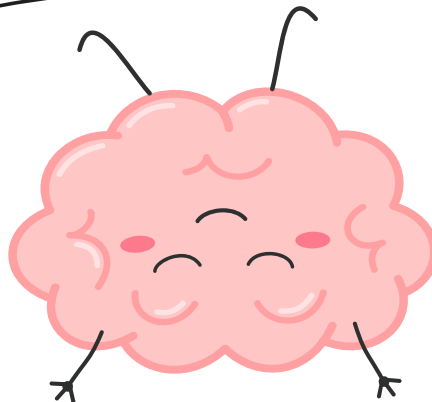
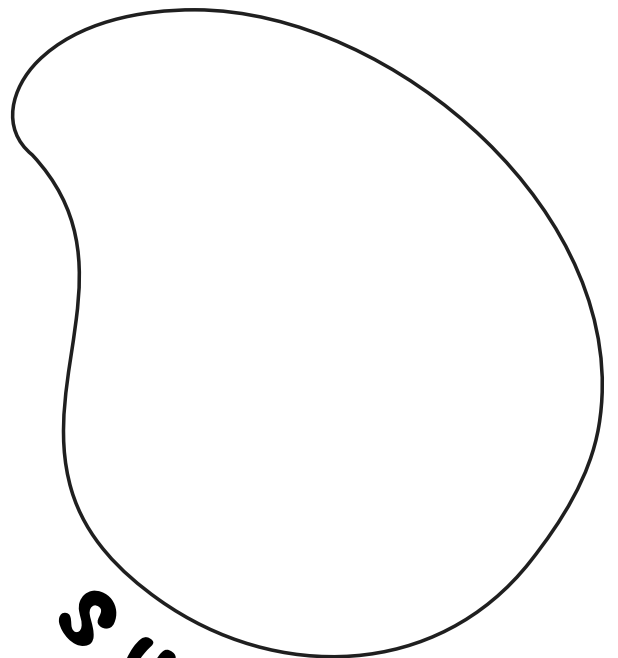


THURSDAY

SATURDAY



SUNDAY

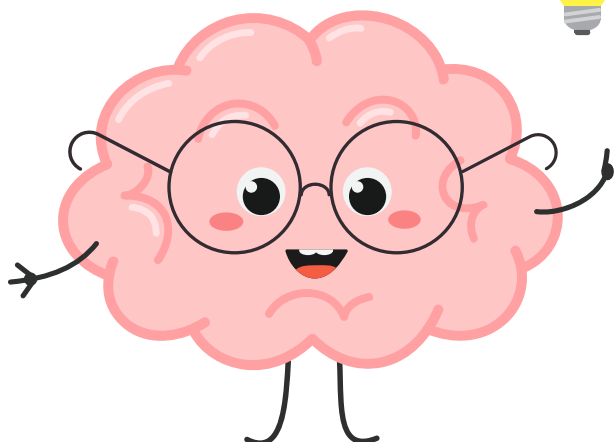


WEEK 4

MONDAY

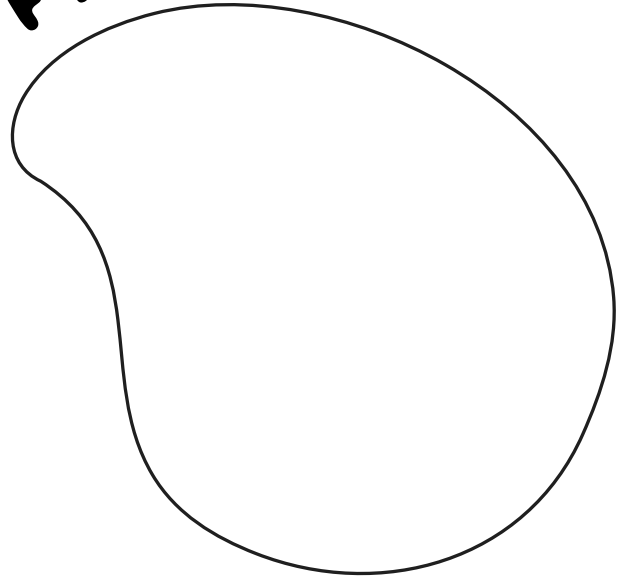
TUESDAY

Write down, or draw, how
you are feeling after your
meditation each day:)



WEDNESDAY

FRIDAY

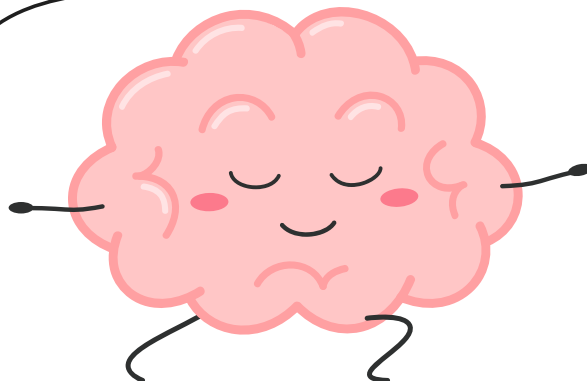
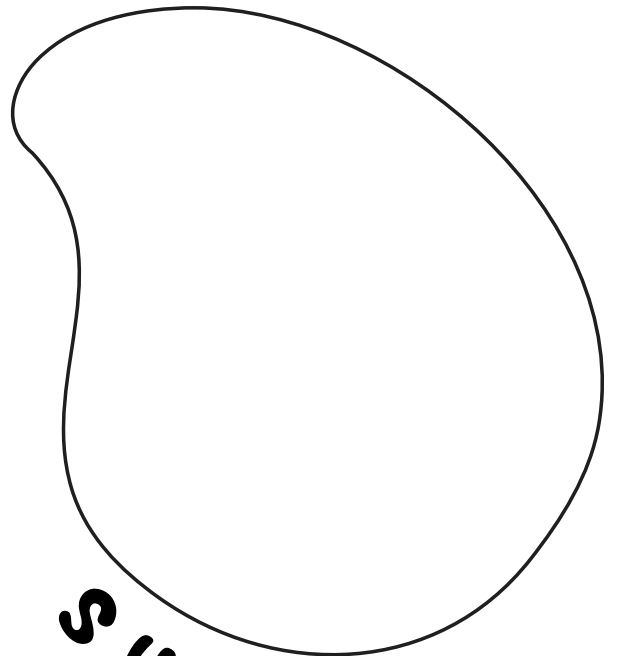


THURSDAY

SATURDAY



SUNDAY

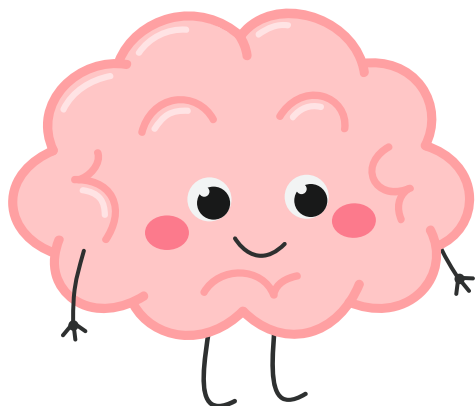


WEEK 5

MONDAY

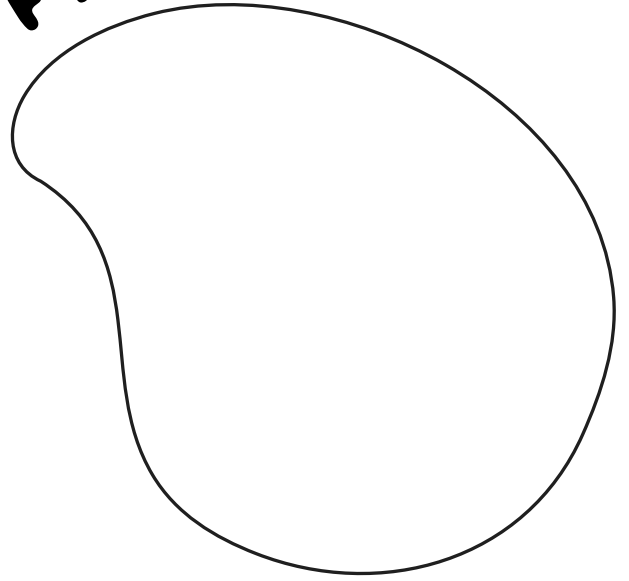
TUESDAY

Write down, or draw, how
you are feeling after your
meditation each day:)



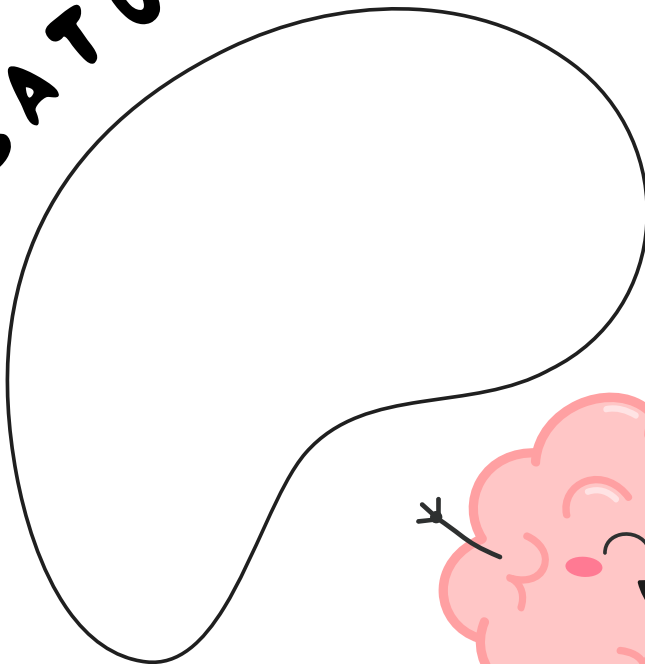
WEDNESDAY

FRIDAY

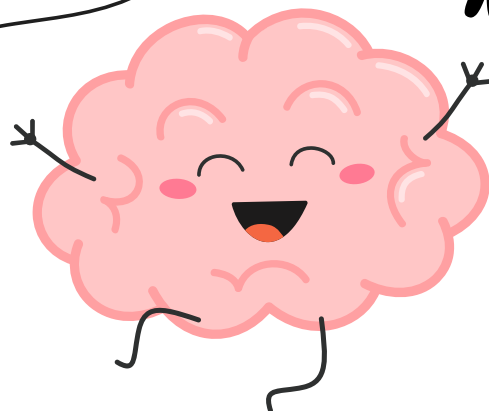
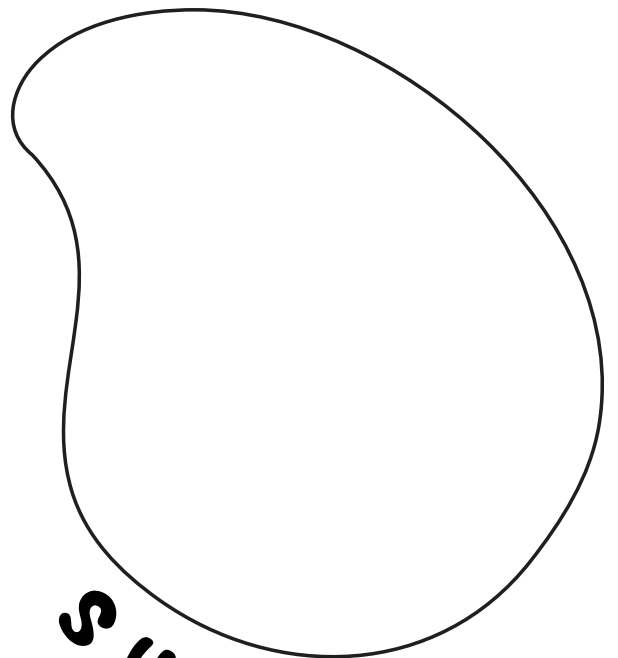


THURSDAY

SATURDAY



SUNDAY

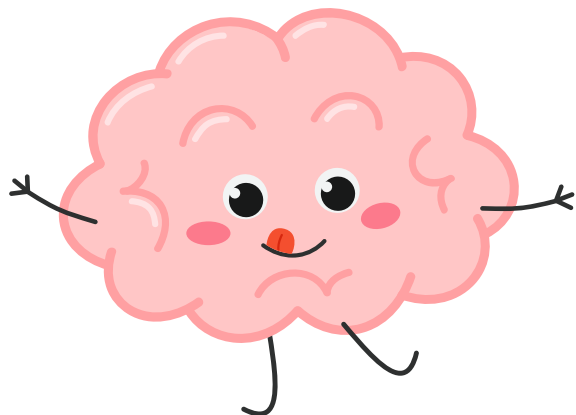


WEEK 6

MONDAY

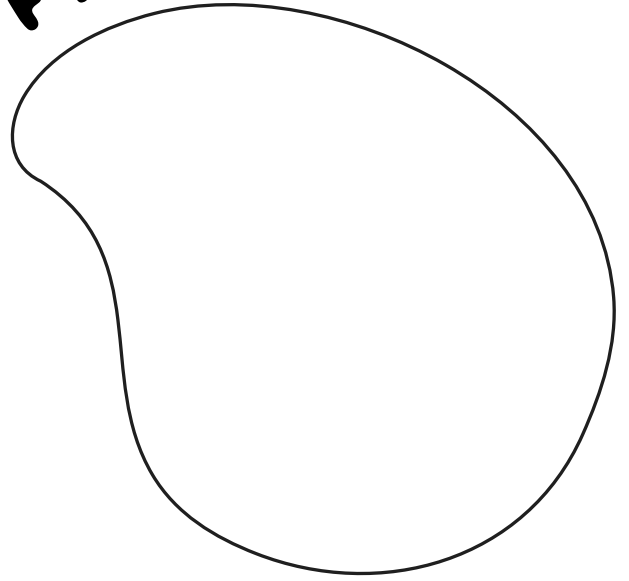
TUESDAY

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meditation each day:)



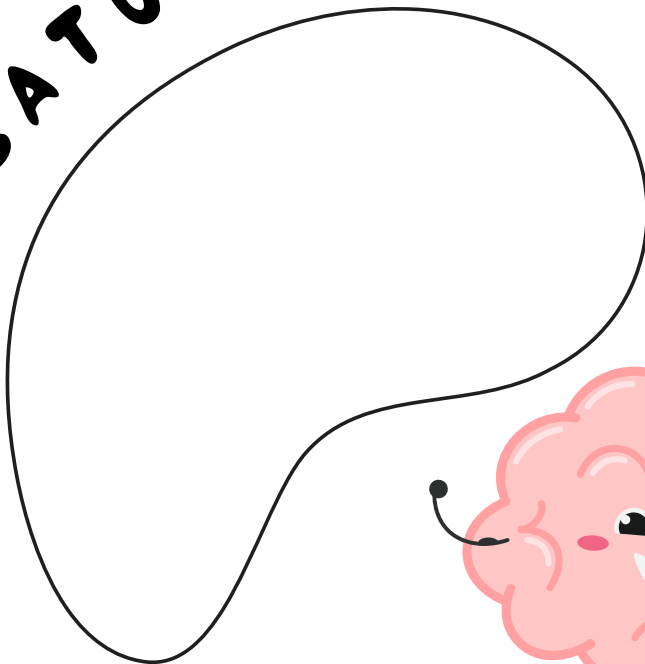
WEDNESDAY

FRIDAY

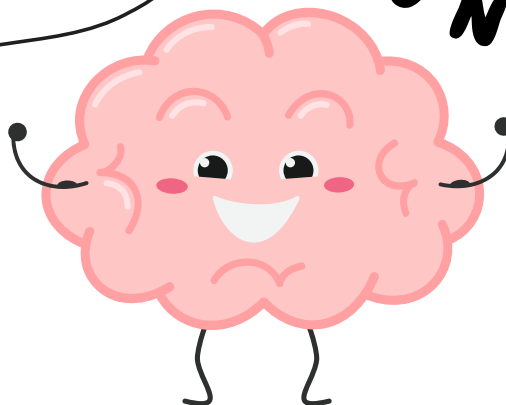
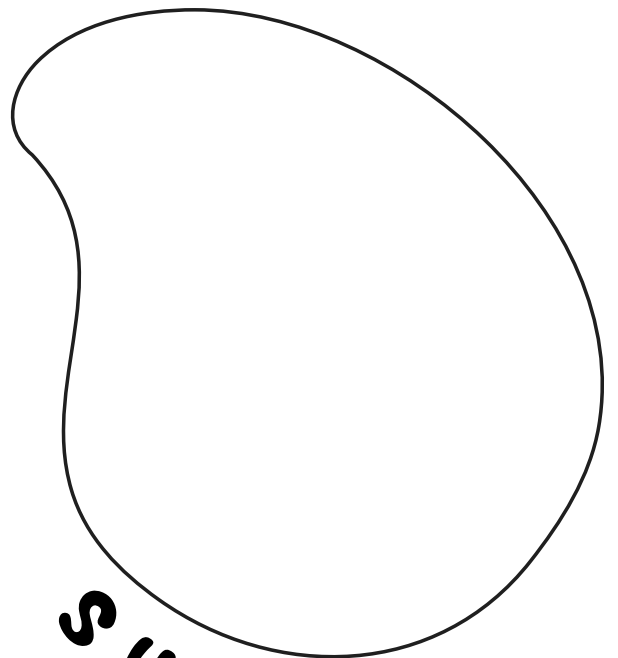


THURSDAY

SATURDAY



SUNDAY

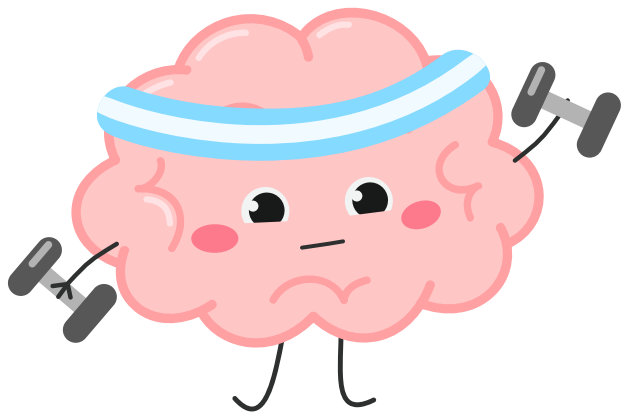


WEEK 7

MONDAY

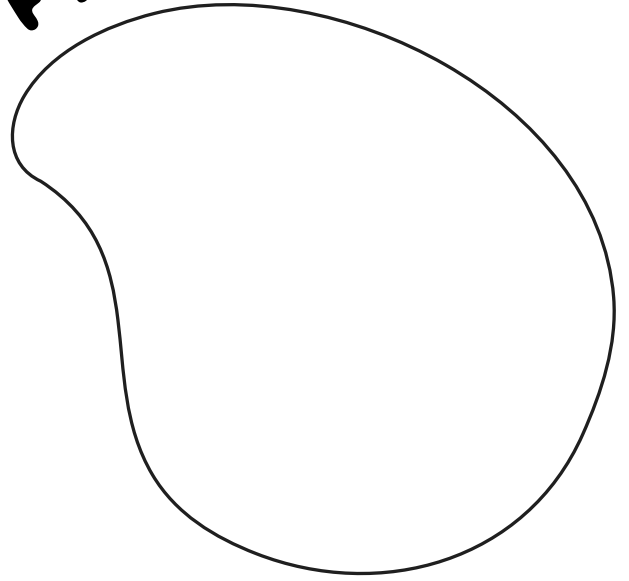
TUESDAY

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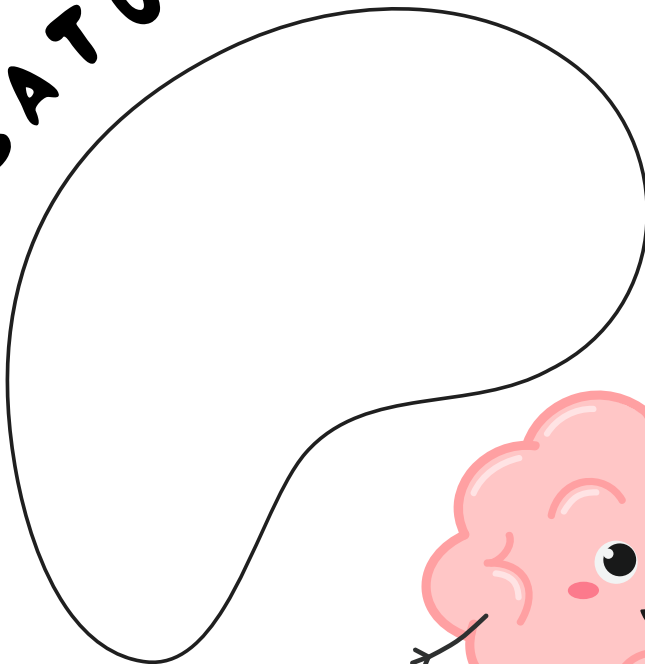
WEDNESDAY

FRIDAY

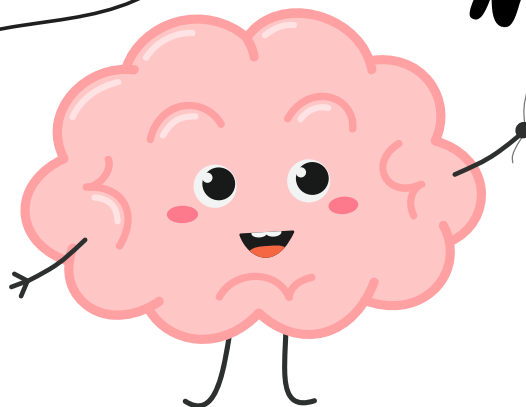
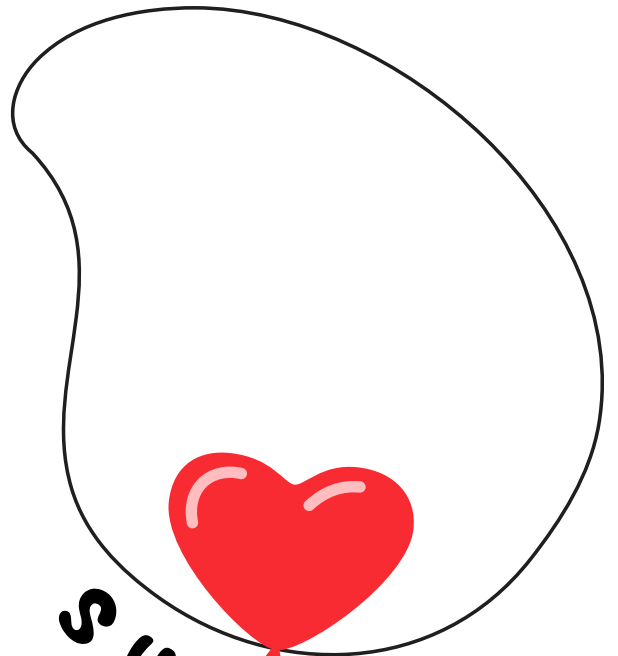


THURSDAY

SATURDAY



SUNDAY



WEEK 8

MONDAY

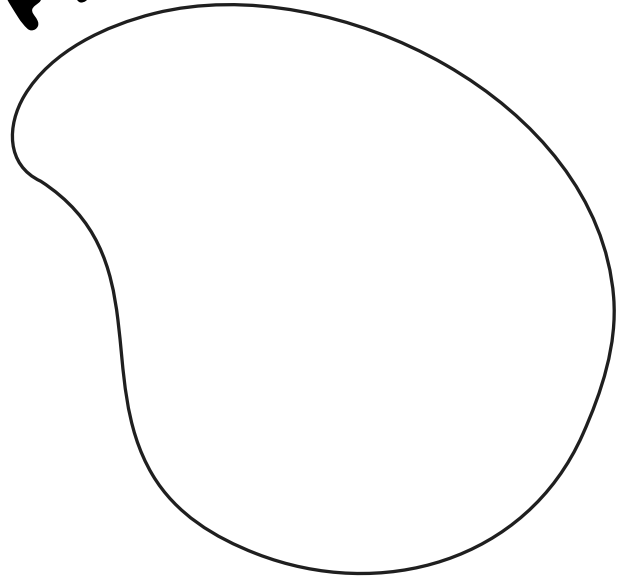
TUESDAY

Write down, or draw, how
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WEDNESDAY

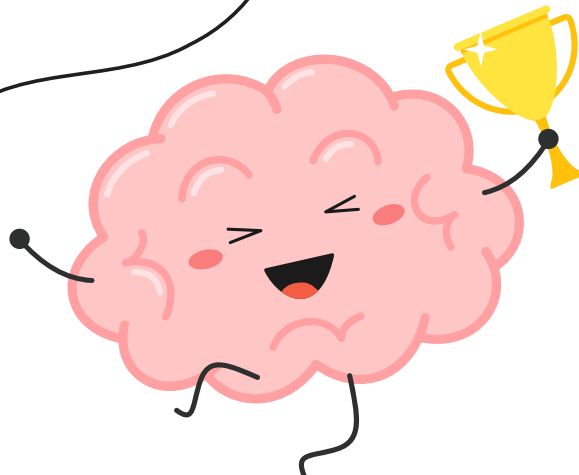
FRIDAY



THURSDAY

SATURDAY

SUNDAY

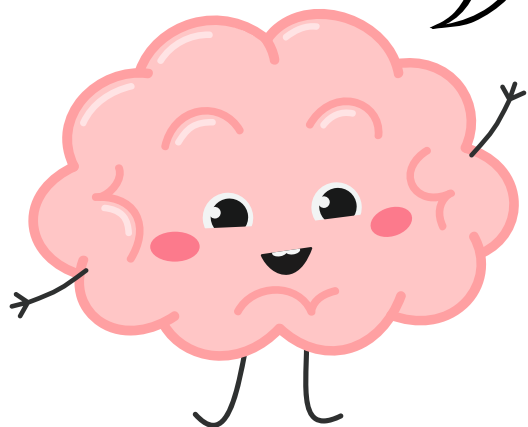


WEEK 9

MONDAY

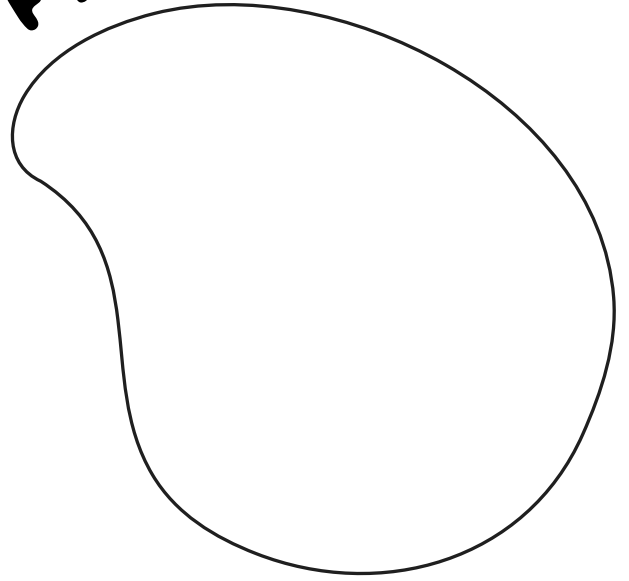
TUESDAY

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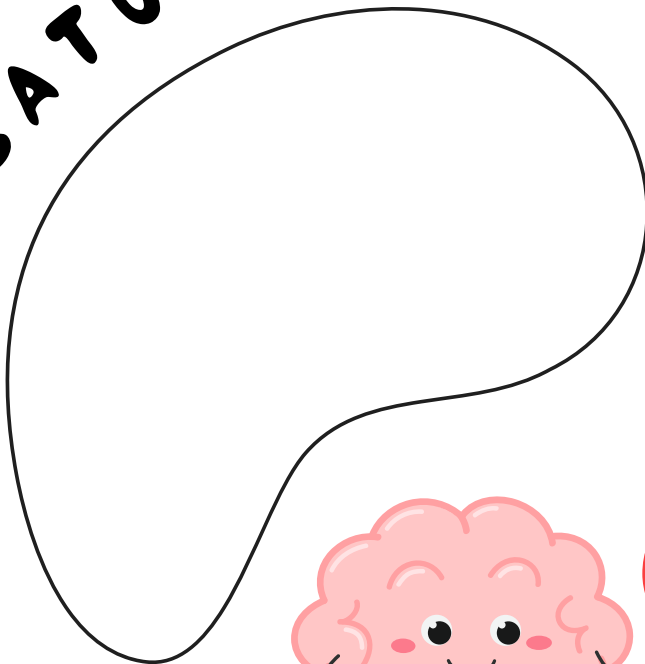
WEDNESDAY

FRIDAY

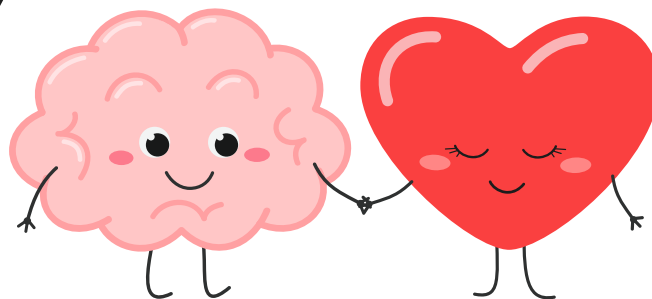
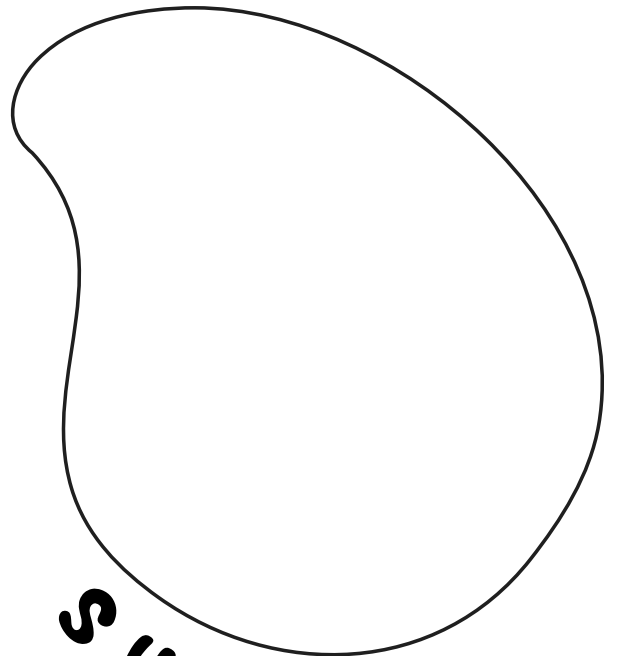


THURSDAY

SATURDAY



SUNDAY

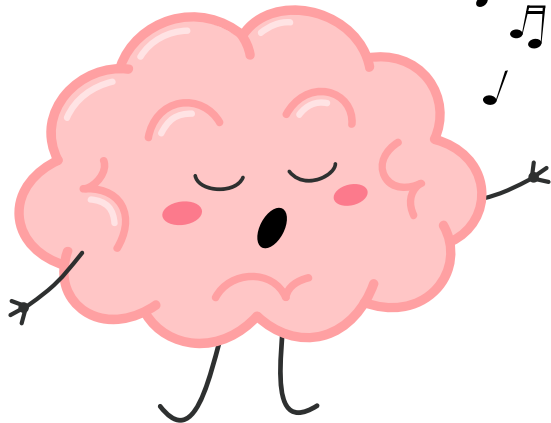


WEEK 10

MONDAY

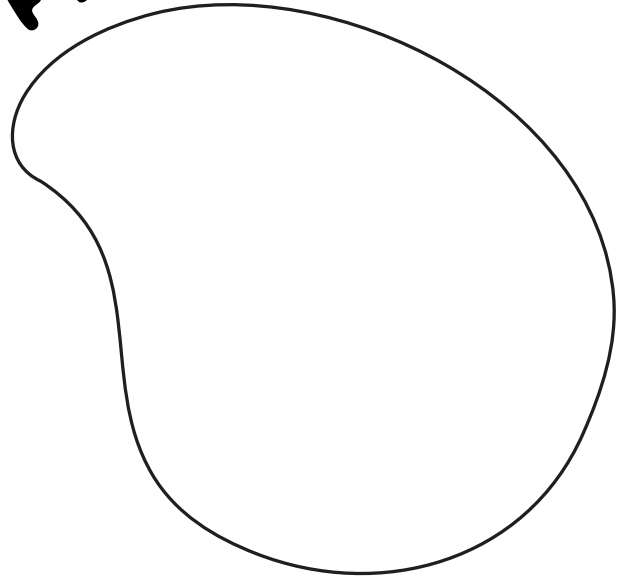
TUESDAY

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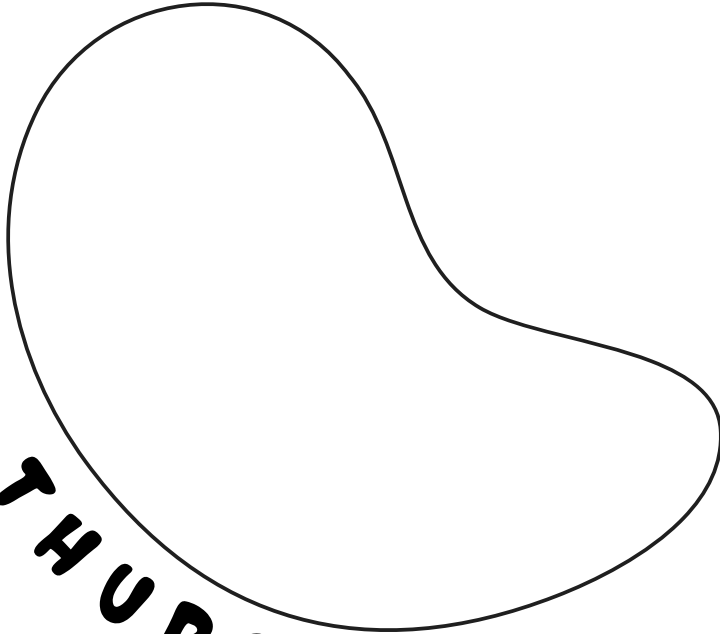


WEDNESDAY

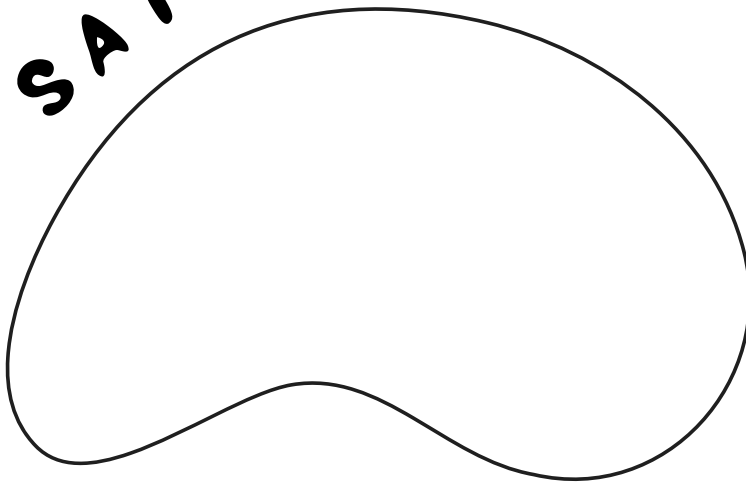
FRIDAY



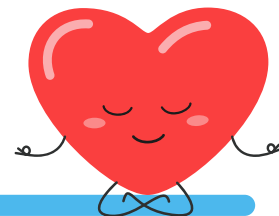
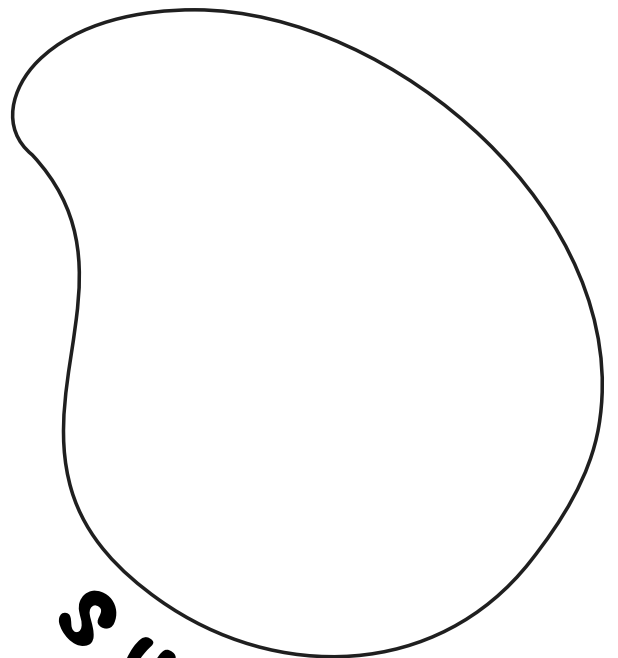
THURSDAY



SATURDAY



SUNDAY

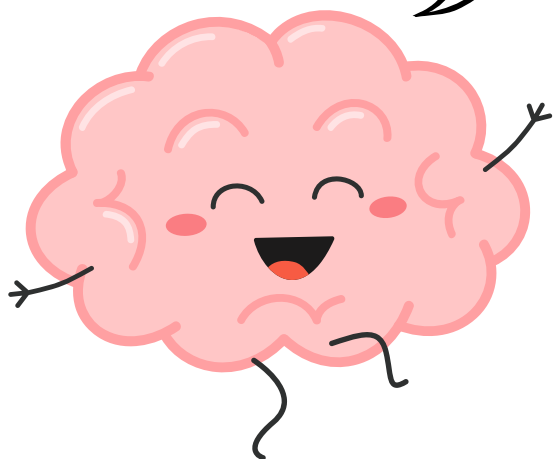


WEEK 11

MONDAY

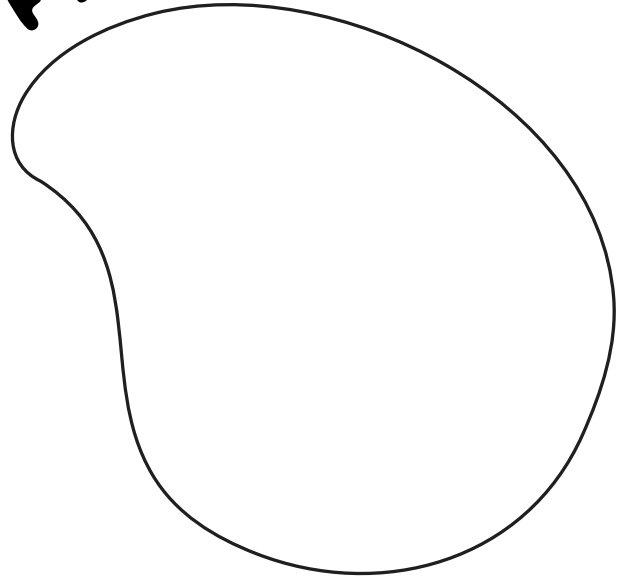
TUESDAY

Write down, or draw, how
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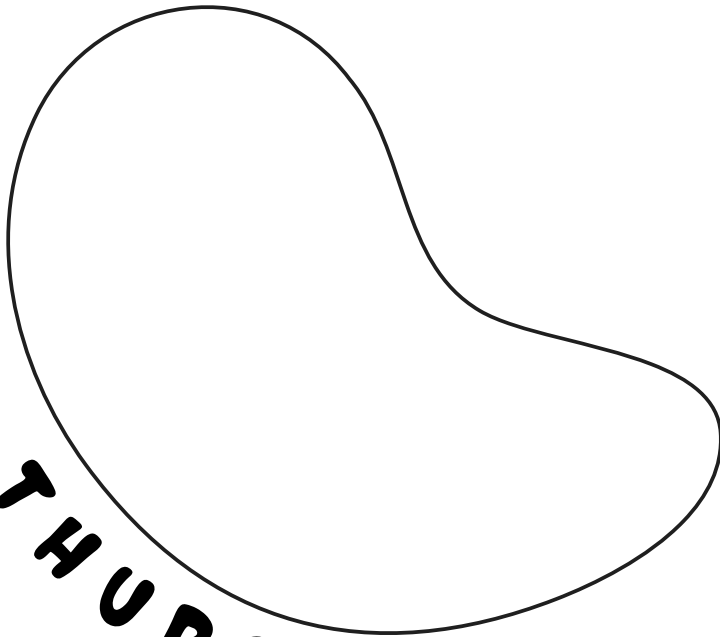


WEDNESDAY

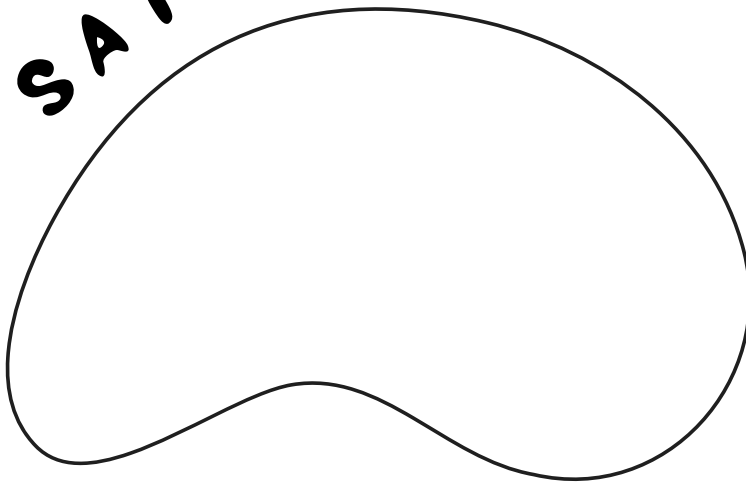
FRIDAY



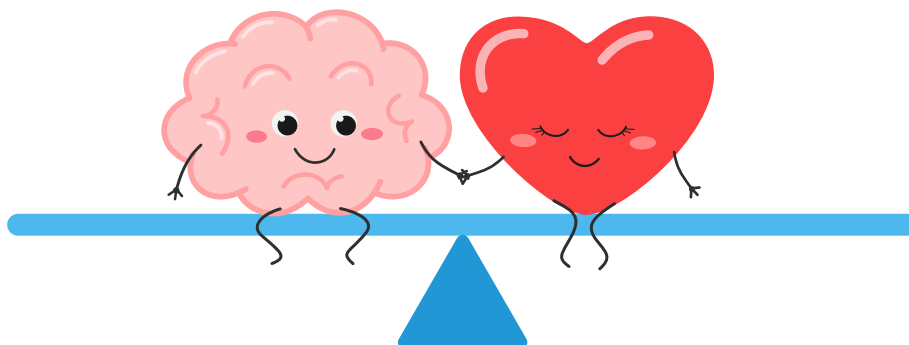
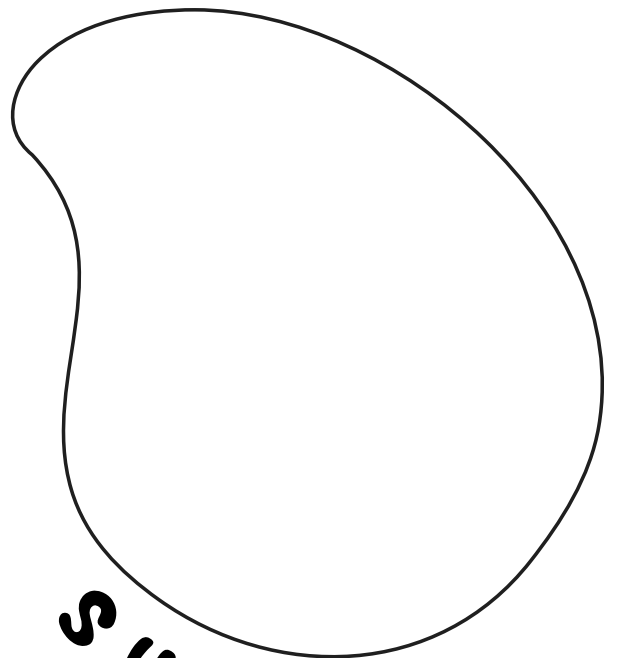
THURSDAY



SATURDAY



SUNDAY



WEEK 12

MONDAY

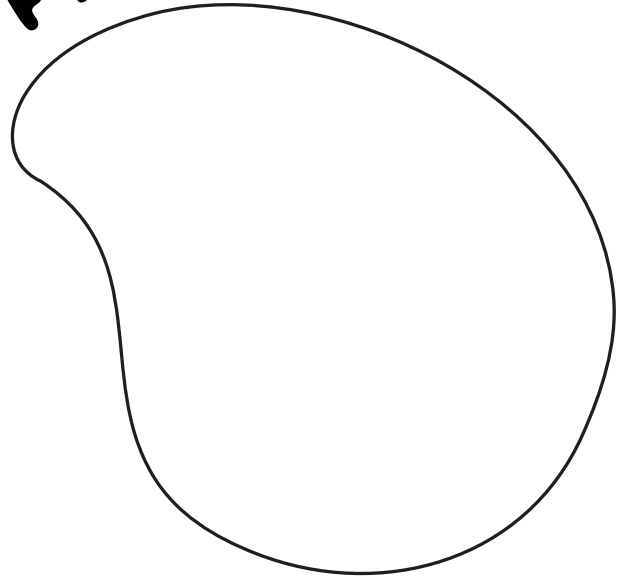
TUESDAY

Write down, or draw, how
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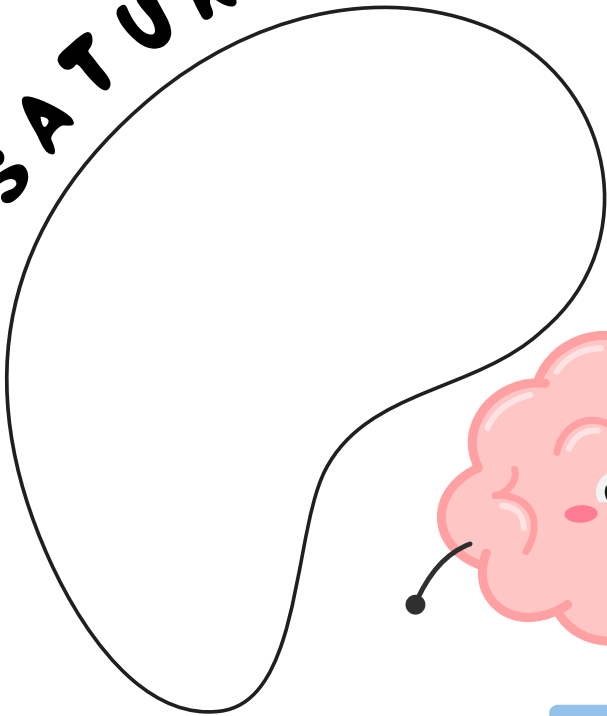
WEDNESDAY

FRIDAY



THURSDAY

SATURDAY



SUNDAY

