

MEDITATION JOURNAL TEMPLATE

Meditation journaling is one of the simplest ways to track your progress over time, observe changes in how you feel during and after meditation, and find ways to improve your experience.

Here are a few benefits a meditation journal can bring to your practice:

- **It makes your progress tangible:** Rather than relying on your memory to notice how far you've come during your practice, you can flip back to earlier sessions, comparing your experience then with your experience now.
- **It reminds you of past successes:** When you have a couple of challenging meditation sessions in a row, you can start to feel defeated. Looking through past journal entries where you described positive meditation experiences can be motivating.
- **You can identify trends over time:** For example, you might notice that over time, when you meditate in the morning, it's usually a better experience than meditating in the afternoon. You can adjust your experience accordingly to create a better experience for yourself.
- **You can share your experience with a trusted meditation teacher:** A meditation journal can be easily shared with a meditation teacher, who may notice trends that you don't, and offer approaches to make your practice easier.
- **You can zoom out:** It's easy to get caught up in how today's meditation session went, or how it's going this week. Journaling allows you to zoom out and take a bird's eye view of your practice, noticing how it goes over weeks, months, or even years.

On the following pages, you'll find meditation journal prompts to help you get started with this practice.

SUNDAY

NOTES

Date

Session length

Time of day

Meditation style

PROMPTS

How did your practice feel?

Did you experience distraction?

How did you deal with them?

Share positive/difficult feelings

How present did you feel?

What's happening in your life today?

How did you feel leaving the session?

JOURNAL

MONDAY

NOTES

Date

Session length

Time of day

Meditation style

PROMPTS

How did your practice feel?

Did you experience distraction?

How did you deal with them?

Share positive/difficult feelings

How present did you feel?

What's happening in your life today?

How did you feel leaving the session?

JOURNAL

TUESDAY

NOTES

Date

Session length

Time of day

Meditation style

PROMPTS

How did your practice feel?

Did you experience distraction?

How did you deal with them?

Share positive/difficult feelings

How present did you feel?

What's happening in your life today?

How did you feel leaving the session?

JOURNAL

WEDNESDAY

NOTES

Date

Session length

Time of day

Meditation style

PROMPTS

How did your practice feel?

Did you experience distraction?

How did you deal with them?

Share positive/difficult feelings

How present did you feel?

What's happening in your life today?

How did you feel leaving the session?

JOURNAL

THURSDAY

NOTES

Date

Session length

Time of day

Meditation style

PROMPTS

How did your practice feel?

Did you experience distraction?

How did you deal with them?

Share positive/difficult feelings

How present did you feel?

What's happening in your life today?

How did you feel leaving the session?

JOURNAL

FRIDAY

NOTES

Date

Session length

Time of day

Meditation style

PROMPTS

How did your practice feel?

Did you experience distraction?

How did you deal with them?

Share positive/difficult feelings

How present did you feel?

What's happening in your life today?

How did you feel leaving the session?

JOURNAL

SATURDAY

NOTES

Date

Session length

Time of day

Meditation style

PROMPTS

How did your practice feel?

Did you experience distraction?

How did you deal with them?

Share positive/difficult feelings

How present did you feel?

What's happening in your life today?

How did you feel leaving the session?

JOURNAL