

GATEWAY TO PRESENCE

How To Use This Meditation Tracker

Use this tracker as a way to see what’s working for you. Simply record your observations below, or use this as a framework in your personal journal.

At the end of the 5 days. Review your I’ll take it column and you have the time, duration, technique and locale that works for you!

Day/Date	Time of Day	Duration (5, 10, 15, 20)	Technique (breath, body, heart, mantra)	Locale (bed, bath, office, car)	Meditation Experience (sleepy, restless, relaxed, etc)	Lifestyle Observations (calmer, less reactive, annoyed, etc)	I’ll Take It! (list anything from the previous columns that feels doable and you will takeaway)
Day 1 (sample)	7am, upon waking	5 minutes	Breath awareness	Bed	Was anxious to get my morning going.	I felt more focused and productive at work.	5 minutes, breath awareness. I don’t think mornings will work for me.
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							

Daily Tips: 1. It's ok to have thoughts 2. Don't try too hard 3. Be kind to yourself 4. Let go of expectations 5. Stick with it!

Email with questions: paige@hellopaigedavis.com
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Bonus 14-Day Meditation Tracker

Continue to chart your experience for 14 additional days to ensure your practice sticks!

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