

**Slogan and Meditation Tracking Log • Month: \_\_\_\_\_ Year: \_\_\_\_\_**

Use this form to track your progress with maintaining a daily slogan and meditation practice. After completing your slogan practice, put a check in the slogan column for that day. After you meditate, write the number of minutes that you meditated in the meditation column for that day. If you do more than one meditation per day, separate them with a comma like this: 30, 5, 5, 5.

Finally, list any moment-to-moment insights or benefits that come from your practices. An example of an insight might be noticing how little control you have over your thoughts. Benefits can arise while meditating (such as experiencing moments of peace, ease, comfort, or relaxation) or during your day (such as feeling slightly less stress or anger than normal in a situation that typically upsets you). Do not be concerned if you don't notice any benefits. Be patient and persistent. To print more copies of this form, visit [BoundlessLoveProject.org/guided-meditations](http://BoundlessLoveProject.org/guided-meditations).

<b>Date</b>	<b>Slogan</b>	<b>Meditation</b>	<b>Moment-to-Moment Insights and Benefits</b>
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