

# Freebird Meditations

## The 30 Day Meditation Challenge Worksheet

Welcome to your 30 day meditation challenge!  
This is your commitment sheet to keep you accountable and also  
a place to record your daily meditation experiences.

### Your contract:

I \_\_\_\_\_ agree to meditate for 30 days, every day, for at least \_\_\_\_\_ minutes or more. I understand that this is a process and I am willing to do what it takes to fully engage in this process and discover what influence meditation has on me. During this process I will do my best to track and note my experiences. I am excited to learn about this process and am approaching it with curiosity and positive attitude.

\_\_\_\_\_  
*Your name*

\_\_\_\_\_  
*Date*

Day	Date of Meditation	Length of meditation	Experiences (Mind/Body/Soul)
1			
2			
3			
4			
5			
6			

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