



GirlDreamer



We're big on meditation here at GirlDreameer. It's how we stay balanced, sane and ready for life but we know it can be difficult to find even 5 minutes a day to meditate. So, to make it easier and have something visual to track and keep you accountable with a meditation practice, we've created an easy printable calendar with space to write two words. One word that summarises how you feel before you meditate and one after. You can then see over the 30 days how this changes, track patterns and gain more control of your state of being. We recommend starting with 5 minutes a day and aiming for 20 minutes by the end of the 30 days :)



HEALTH & WELLBEING

30 DAYS
MEDITATION

