



30 DAYS OF MEDITATION

A guided meditation journal

MEDITATE AND LOVE

How to use this journal:

This workbook is structured as a 30-day journal with a guided meditation for each day along with simple exercises that will take you less than 5 minutes in the morning and evening. In the morning, you will be asked to practice gratitude first. My advice is to try to keep your heart open and really feel gratitude for what you are journaling about. I know some days you may struggle more to genuinely feel grateful, but an open heart is what will really raise your vibration and work its magic over you.

Next, you will write three positive affirmations. Think of something you really need to work on. For example, something that has been keeping you up at night or taking away your peace. Now, reverse the situation and write three affirmations for that "problem." If it is something you want to work on, I recommend that you keep these same 3 affirmations for the 30 days. Repetition tends to work well with the subconscious mind. If not, you can intuitively decide to write three different ones each day, the choice is yours! Finally, you will write down three goals. They can be as small or as big as you want, but I recommend that you write something tangible. Crossing off your list is rewarding, and writing down your goals makes them more attainable.

The evening exercises are quite simple. This short practice is meant for you to take a moment to look back on your day and observe your level of awareness. Try to be honest with yourself. The amount of effort you put into yourself will correlate with the reward you will get from these exercises.

Each day will come with a meditation practice. These are usually guided meditation prompts that you will journal about. I recommend that you get a separate notebook to write more if you need extra space. Each question will ask you something different. Sit with the different questions and explore what comes up in your mind. Hopefully you can find a time when you are alone or in stillness to practice them, as they are meant to be an intimate moment with yourself. There is no pressure for you to be perfect. Be present and try to pretend you are on a first date with yourself trying to get to know who you are a little better. The goal is that you can discover what you like about each practice and hopefully find a piece of yourself in them. This is your exercise. Come in and explore at your own pace. My intention is that you can acquire a discipline that brings you value.

01 |

TODAY'S INTENTION:

3 things I am grateful for today:

3 positive affirmations to myself:

3 goals I want to accomplish today:

 Introspection

1 word that describes today:

Was I in the moment today?

Was I my best self today?

02 |

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 Introspection

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03 |

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 Introspection

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03 | My qualities

For the next exercise, I want you to think about how much you have developed the following qualities. Reflect further on how you can improve them.

Honesty

Humility

Patience

Compassion



I finished my meditation

04 |

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 Introspection

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04 | My habits

What we do, think and say repeatedly transforms us into who we are. Meditate on your current habits.

What habits help me be a better person?

What habits are holding me back?

What new habits can I acquire?



I finished my meditation

05 |

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 Introspection

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06 |

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 Introspection

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06 | My Calling

Following the call of our Soul is an important part of achieving a fulfilling life. For this meditation, I invite you to think about the following questions:

If money did not exist, what would I do with my life?

What are my interests? What am I good at?

What do I feel in my heart that I am called to do?



I finished my meditation

07 |

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08 |

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08 | Concentration

If you've had a hard time sitting with your thoughts so far, today we're going to try something different. We are going to use a concentration technique.

Concentration is important because the ideal is to be focused on the moment in front of us, not on the past, the future or our thoughts. The easiest way to get back to the moment is to have an anchor, and fortunately, you already have two great ones inside your body: your breath and your heart.

For this exercise, I want you to try to see how long you can concentrate on each one. Feel free to challenge yourself.

Heart:

Breath:

How did you feel? Remember that whenever you feel overwhelmed and need a little bit of grounding, these are always at your disposal.

I finished my meditation

09 |

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09 | Grounding

If you ever feel overwhelmed, I have a great exercise that you can practice wherever you are. We call it a "grounding" meditation. The goal is to come back to the present moment using your senses. Let's give it a try.

What are 3 things I see?

What are 3 things I touch?

What are 3 things I hear?

What are 3 things I taste?

What are 3 things I smell?

Note: you may discard
whichever doesn't apply to you



I finished my meditation

10 |

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10 | One thing at a time

A great way to develop mindfulness is to focus on one thing at a time. As a society, we tend to think that more is always better, but when it comes to mindfulness, it's best to do just one thing with all of our attention.

For today's exercise, I want you to try to really immerse yourself in each task you encounter throughout your day, whether it's brushing your teeth or talking to someone. This in itself is a meditation practice. At the end of the day, introspect on your experience and your challenges:



I finished my meditation

11

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11 | My Self-talk

How do you talk to yourself, do you ever put yourself down, or do you fill yourself with loving thoughts and words? Today I want you to think about the ways you have hurt yourself with your words. Then meditate on how you can love yourself a little more.

Do I ever put myself down? How?

How can I be kinder to myself?



I finished my meditation

12 |

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13 |

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13 | Action Plan

Yesterday, you brought up your fears, which is a great first step. But, now, we want to go further and create an action plan to work on healing those fears.

Meditate on this: what steps can I take to stop this fear from paralyzing me (write a plan for each of the fears you mentioned)?



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15 |

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15 | My priorities

Our time can never be taken for granted. It is important that we live in a way that prioritizes what matters most to us. Meditate on the following questions:

If I had a month to live, how would I live differently?

What prevents me from living like this in the present?



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16 |

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16 | My energy

Energy is our most valuable asset in this life. However, most of us are unaware of the many ways we misuse it throughout the day. Without balance and awareness, we can become emotionally, intellectually and physically drained. For today's meditation, I want you to think about the ways in which you use your energy, whether consciously or unconsciously, and how you can begin to invest it in more beneficial ways.



I finished my meditation

17 |

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17 | Letting go

None of us are perfect and we have all made mistakes in our lives. However, guilt and resentment about our past can be detrimental to our well-being and is not something we should hold on to. Forgiving others is important, but forgiving ourselves is also crucial.

For the first part of today's meditation, I want you to think about any resentment or shame you have held against yourself. This can be uncomfortable, so take it at your own pace.

Next, I invite you to visualize your past self. Imagine that you are able to tell them that it's okay because they did what they could with the information they had at the time. Forgive them and let them go in peace, knowing that because of them you were able to grow and be where you are now. You can also write your past self a separate letter to help in the process.



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18 |

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18 | Cleansing

For today's meditation, I want you to think about any baggage you've been carrying around lately. Think about any unwanted emotions, thoughts or anxieties that are filling your mind and taking away your peace. In this two-part exercise, I invite you to take a piece of paper and write "I release myself from" at the top. Next, write down everything you want to let go of as you feel each one leaving you and migrating to the paper. When you are done, fold the paper and burn it in a safe location.

The second part of the exercise is a cleansing meditation. Sit or lie down in a comfortable position. Now, I invite you to visualize a white light coming from the heavens and entering your third eye. Imagine that light filling every part of your body and purifying each of your cells. Imagine it cleansing your mind and your Spirit, and ask for the Divine to cleanse you and allow you to free yourself from any negativity that is holding you back.



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19 |

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19 | Self-Love

Today we're going to remind you how valuable you are with a few exercises. It's time to give yourself some Love!

3 of my best qualities

3 things I do well

3 of my accomplishments

3 compliments to myself

3 powerful affirmations to tell myself daily

Finish with a meditation in which you concentrate on filling yourself with as much Love as you can. If you want to go a step further, I invite you to write yourself a Love letter from the Soul.



I finished my meditation

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20 | Breathing

Breathing is a vital part of life and yet we don't think about it often. Have you noticed that when you are anxious or afraid your breathing becomes irregular? Breathing is important if we want to stay calm.

Today we are going to practice some breathing techniques to bring you back into the moment. Meditate on your experience.

BELLY BREATH

1. Sit or lie down and place your hands on your belly
2. Inhale, and feel the air filling up your belly
3. Hold for a few seconds and slowly exhale until your belly is back to its normal form

4-7-8 BREATH

1. Inhale for 4 seconds
2. Hold your breath for 7 seconds
3. Slowly, exhale for 8 seconds

BOX BREATH

- | | |
|-------------------------|-------------------------|
| 1. Inhale for 4 seconds | 3. Exhale for 4 seconds |
| 2. Hold for 4 seconds | 4. Hold for 4 seconds |



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21 | Power of Prayer

There is a quote that says that prayer is talking to God, while meditation is listening to God. As we have practiced many meditation exercises along the way, I want you to also remember the power of prayer.

How often do you pray? We tend to pray only when we face a major challenge, but prayer is meant to be used all the time.

Today I invite you to pray in the way you feel most comfortable doing it and ask for loving energy to infuse every little moment of your life. Pray in the morning when you wake up, ask for a smooth ride to work, pray for people you meet to greet you with kindness, and any other request you can think of!

In the evening, meditate on the impact it has had on your day.

I suggest you try to pray sincerely. Let your soul speak.



I finished my meditation

22 |

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22 | Time Blocks

Time is our most precious gift. We want to learn to use it with honor and wisdom. For today's exercise, I invite you to "time block" your day to see where your time is going.

Whenever you are not feeling well, meditate on what you were doing at that specific moment so you can figure out what is working for you and what is not.

5AM	5PM
6AM	6PM
7AM	7PM
8AM	8PM
9AM	9PM
10AM	10PM
11AM	11PM
12PM	12AM
1PM	1AM
2PM	2AM
3PM	3AM
4PM	4AM



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23 |

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23 | Hopeful Thoughts

How often does a negative thought filter your vision? As humans, our minds naturally tend to think of worst-case scenarios. That's why it's so important that we become aware of the thoughts that flood our heads.

Today I invite you to play a game with yourself: observe your thoughts and when you notice one that has no benefit to your well-being, replace it with 2 positive ones. Here is an example:

"That person is so much better than me at ____"



"My skills are unique and I am innovative and creative"

"I am confident and capable because my authenticity is what sets me apart from others"

This awareness of your mind is a meditation in itself. Remembering that you are not your thoughts allows you to let go of the victim mentality and take back your power.

Life can be challenging, but a little hope, faith and positivity can help you cope with discomfort.



I finished my meditation

24 |

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24 | Body Positive

In today's society, we have an obsession with the "perfect" body. Have you ever found yourself criticizing or comparing your body to images on the Internet? Our bodies are sacred vessels that allow us to travel on this great adventure called life. We need to remember how miraculous it is to awaken to our wonderful vehicles that allow us to experience the complexity of being a human.

Today I invite you to practice a meditation of gratitude towards your body. You can also write a "love letter" to your body in your notebook. Here are some questions that can help you get started:

What do you love most about your body?

What pleasant experience has your body allowed you to have?

Can you take better care of your body? If so, how?

What are some positive affirmations you can gift to your body?



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25 |

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25 | Manifesting

What do you know about manifestation? One of the reasons many people venture into spirituality is because they hear that they can manifest the life they desire with their thoughts. This certainly sounds very tempting. However, it is rarely mentioned that it is wise to manifest a life that aligns with our Soul. What is it that we really want deep down in our heart?

Our mind has the power to manifest our desires in the physical world, so it is very important that we guide it with awareness.

Today I invite you to meditate on what your heart truly desires. What would fulfill your soul? What attributes do you need to truly live a happy and fulfilled life? Connect with your Inner Self and allow them to guide you.

Write in your notebook the life you wish to manifest and read it to yourself every day as you take conscious steps towards your goals.

I finished my meditation

26 |

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26 | The people around me

It is said that we are a combination of the people closest to us. If we are unconscious, it is easier for us to adapt other people's habits and way of thinking. That is why it is important to connect with ourselves on a daily basis, as well as to question our interactions with our closest circle.

Today I invite you to meditate on the people you spend most of your time with. Then, think about how they are affecting your life, either positively or negatively.

Sometimes, it may be necessary for us to spend less time with those who negatively impact our lives and more with those who help us grow. You don't have to eliminate people from your life, but you can decide to change the dynamics of the relationships around you so that your "support system" is actually one that helps your development. You can use your notebook to help you. Here is an example:

My friend Maria:

How she positively affects my life: _____

How I feel around her: _____

Any negative influence she has had in my life: _____

How this relationship can move forward: _____



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27 |

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27 | Judging less

Have you ever found yourself judging or criticizing another person? We all have flaws and have made mistakes. It is important to remember that the people around us have many problems we may not be aware of and have experienced challenges we cannot imagine.

Today I invite you to notice how often you think or say something negative about another person. If you catch yourself, pray for that person. Imagine the challenges and suffering they have had to endure and practice compassion for them. In the evening, meditate and reflect on the following:

How did I feel when I judged others?

How did I feel when I prayed and practiced compassion?



I finished my meditation

28 |

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28 | My impact

Imagine if you had a camera following you all the time and you could see yourself from a third point of view.

Would you like what you see? Today I invite you to visualize yourself from a third person and meditate on the following:

How do I make the people around me feel?

Do my actions reflect my Soul or my ego?

What do I like about the way I acted? What can I improve?



I finished my meditation

29 |

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30 |

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30 | Moving forward

It has been a pleasure to share these past 30 days with you! I truly hope that your journey doesn't end here. How will you use what you've learned from here on out? What exercises can you apply in your daily life? Meditate on the following questions as I guide you one last time:

How has meditation impacted my life?

What changes have I seen in myself?

How will my habits improve from now on?

Am I ready to commit to meditation?

YES

NOT YET

I finished my meditation