

Inspirational Journal

Take time out of your busy schedule to meditate on different scriptures or inspirational quotes or sayings that will help you to focus on the positive things of life. While meditating, you can create an atmosphere with scented candles, soothing music and dimmed lights. Make this your relaxation time to find inner peace from daily challenges. Use the format below to keep in a notebook of your inspirational thoughts and feelings throughout the week.

Monday

Meditation :

(Quote, Scripture, etc.)

Feelings:

Personal Thoughts:

Tuesday

Meditation :

(Quote, Scripture, etc.)

Feelings:

Personal Thoughts:

Wednesday

Meditation :

(Quote, Scripture, etc.)

Feelings:

Personal Thoughts:

Thursday

Meditation :

(Quote, Scripture, etc.)

Feelings:

Personal Thoughts:

Friday

Meditation :

(Quote, Scripture, etc.)

Feelings:

Personal Thoughts: