

Meditation Master

The Meditation Master Challenge invites you to meditate a total of 150 minutes during the next 30 days (just 5 min/day). Meditation will help you become more present, grateful, and aware. It sounds simple, but this is a powerful medicine that can make some of your worst physical and mental problems literally evaporate. Besides reducing stress, meditation can have other physical benefits, like boosting immunity, reducing inflammation, and decreasing pain. Meditation can also sharpen your memory and improve your attention span. As you become more aware of yourself and your surroundings, you will focus on others more, which will lead to a more meaningful life.

Sept 1	Sept 2	Sept 3	Sept 4	Sept 5	Sept 6	Sept 7
Sept 8	Sept 9	Sept 10	Sept 11	Sept 12	Sept 13	Sept 14
Sept 15	Sept 16	Sept 17	Sept 18	Sept 19	Sept 20	Sept 21
Sept 22	Sept 23	Sept 24	Sept 25	Sept 26	Sept 27	Sept 28
Sept 29	Sept 30					



I've completed the challenge!

(Print Name)