

Self-Care & Empowerment

MEDITATION

Journal



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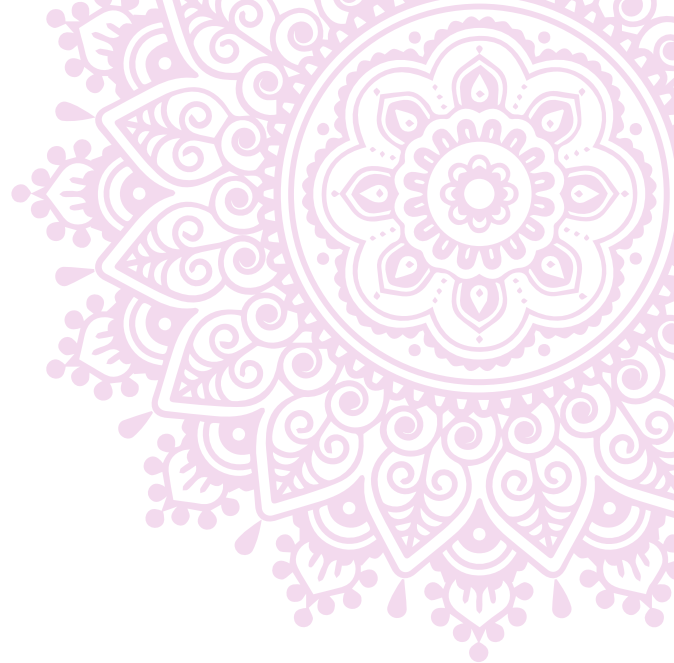
CONTENTS

Styles

1. Observe Your Breathing
2. Walking Meditation
3. Guided Meditation
4. Focal Point Meditation
5. Sound Meditation

Topics

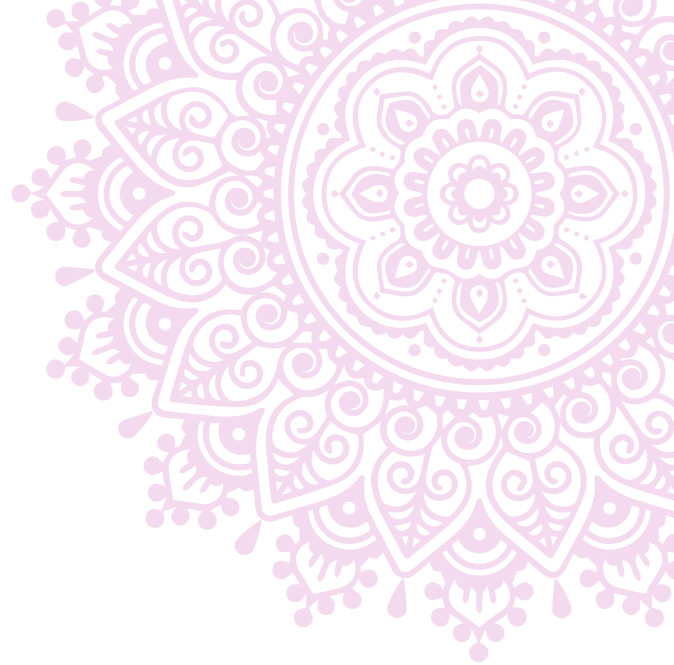
1. Pampering myself is an important element of self love
2. My self confidence is increasing
3. I am a beautiful work in progress
4. I create my new normal
5. I create a calm environment
6. I stand in my authentic power
7. I am inspired and enthusiastic
8. I feel powerful capable and energetic
9. I live an empowered life
10. I am uniquely special
11. I shape my life
12. I feel fabulous today
13. Going deep in thought is a good way to unwind
14. I harvest wisdom
15. I speak with confidence and calmness
16. My mind is overflowing with brilliant ideas
17. I love being me
18. I am on the right path for me
19. My home is peaceful
20. Excellence is my insurance
21. My needs are important
22. I give myself gifts because I am worth it
23. I treat myself gently
24. I become wiser the older I get



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CONTENTS



Topics - in 52 week version

25. I feel beautiful
 26. My voice matters
 27. I give myself permission to do what is best for me
 28. I have a clear understanding of who I am
 29. I am all that I need
 30. I can love my true self and live authentically
 31. I am victorious
 32. I am the architect of my future
 33. I flourish despite external circumstances
 34. I grow in self esteem and confidence
 35. My voice matters
 36. I have endless talents which I utilize every day
 37. I shine brightly
 38. I am the creator of my reality
 39. I am love
 40. I enjoy my own company
 41. I control my destiny
 42. I think for myself
 43. I take pride in my appearance
 44. I am devoting some Me time to my schedule
 45. My inner wisdom is growing by leaps and bounds
 46. I find my own truth
 47. I am true to myself
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HOW TO USE THIS JOURNAL

This is your journal to use as you find most supportive. If you want to color first, do so. If you want to read the Thought of the Week and not journal that day, it is ok.

The Thought of the Week is just that a thought. Try it on. See how it feels. If you find it useful, use it. If not, let it just be.

The Journal and Gratitude section has a possible journal prompt that is aligned with the Thought of the Week. The space is to answer the question or write gratitude statements or write general thoughts. You decide.

Although this journal also has pages set up as weekly, the weekly page is intentionally printed with light lines in the middle so it can be written over it with notes if you don't want to use this journal as a goal planner.

This version is the 12 week version which is roughly one quarter of the calendar. If you would like the full year version, please visit moonlightyogastudio.com to purchase the PDF version or Amazon.com to purchase a printed version.

If you are interested in daily affirmations, please join our Facebook group - www.facebook.com/groups/selfcareandempowermentaffirmations/

Visit moonlightyogastudio.com for more on meditation and yoga.

Sincerely,
Moonlight Yoga Studio

Information presented is NOT intended to diagnose medical conditions,
Please see medical attention as necessary.

Thought of the Week

Don't just do something, sit there.

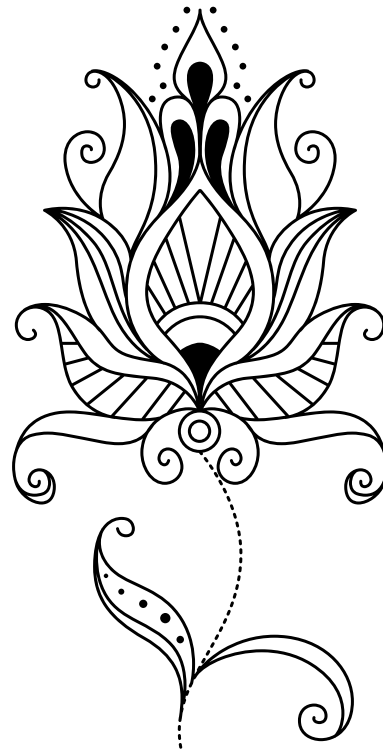
The simplest way to meditate is to find a comfortable place to sit where you won't be disturbed for a while.

You choose where and for how long.

Now sit, close your eyes and observe your breathing.

If you want to be more formal, on the inhale, expand your belly then chest. And on the exhale, breathe out from your chest then belly. Pause and repeat.

Coloring



Journal Question and Gratitude

What kinds of thoughts and feelings do I have about meditation?

Work

Life

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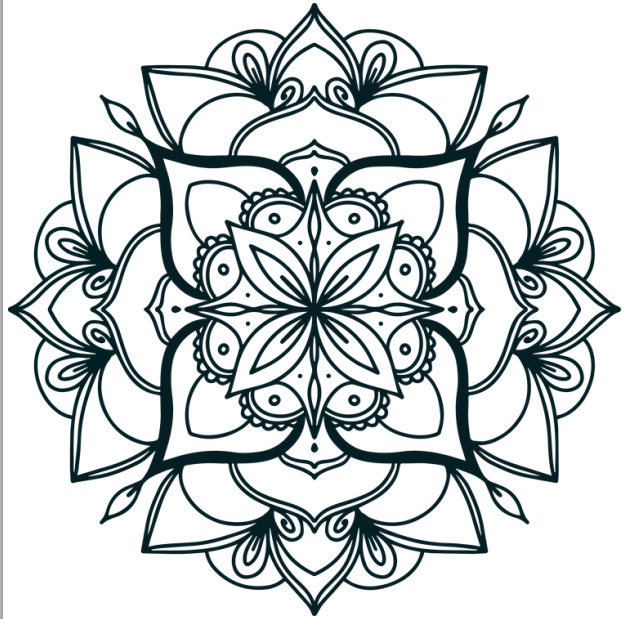
Thought of the Week

Meditating doesn't have to be just sitting still, though some would call it mindfulness rather than meditation. It can also be a great way to prepare for sitting meditation.

How to Practice Walking Meditation -

- Find or create a path
- Focus on your feet and notice each step
- Pick a pace - slower might be better
- Soften your gaze
- Relax your shoulders
- Smile
- Breathe fully

Coloring



Journal Question and Gratitude

What would it take for me to commit to meditate every single day?

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Thought of the Week

Sometimes it can be easier to meditate to someone else's voice rather than silence.

That is where Guided Meditation comes in. There are many versions available and exploring several will help what fits for you.

Look for quality of voice, topic of focus, with or without music.

If you are just starting out, look for short 3 to 5 minute long sessions.

Consider the 5 Day challenge at moonlightyogastudio.com

Coloring



Journal Question and Gratitude

What reactions did I have to the guided meditation?

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Thought of the Week

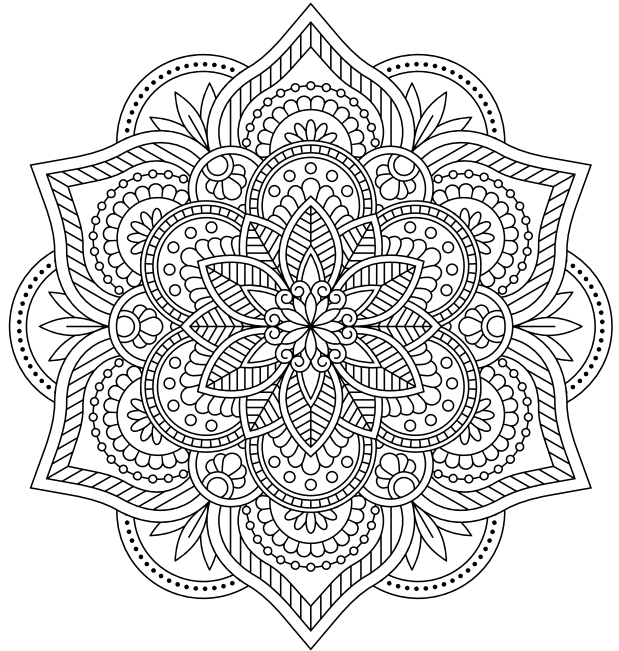
Focal Point Meditation is about using a tool such as a candle to focus your attention on.

Pick out a fresh candle in a color that appeals to you. Set it at eye level in a safe location and light it.

Soften your gaze and start to focus on the flame. Become aware of the qualities of the flame.

Allow the beauty and warm become part of your existence.

Coloring



Journal Question and Gratitude

How can you take this glow into the world throughout your day?

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Thought of the Week

Sound Meditation can range from chanting to using singing bowls.

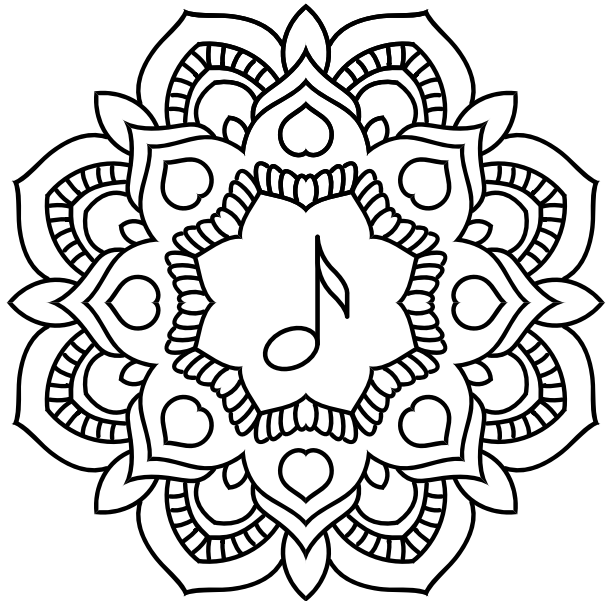
Sound vibrations can have a direct effect on our nervous system all the way to our cells.

Sound healing dates back thousands of years.

Options include:

- Chanting - om is very common in yoga
- Nature - listening to birds or babbling water or ocean waves
- Singing bowls - these can be overall sound or tunes to the chakras

Coloring



Journal Question and Gratitude

What did you notice when focusing or creating the sounds?

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Thought of the Week

Pampering myself is an important element of self-love. When I take care of my mind, body, and soul, they remain in sync and I am happy. I make an effort to give my entire being all the care it deserves.

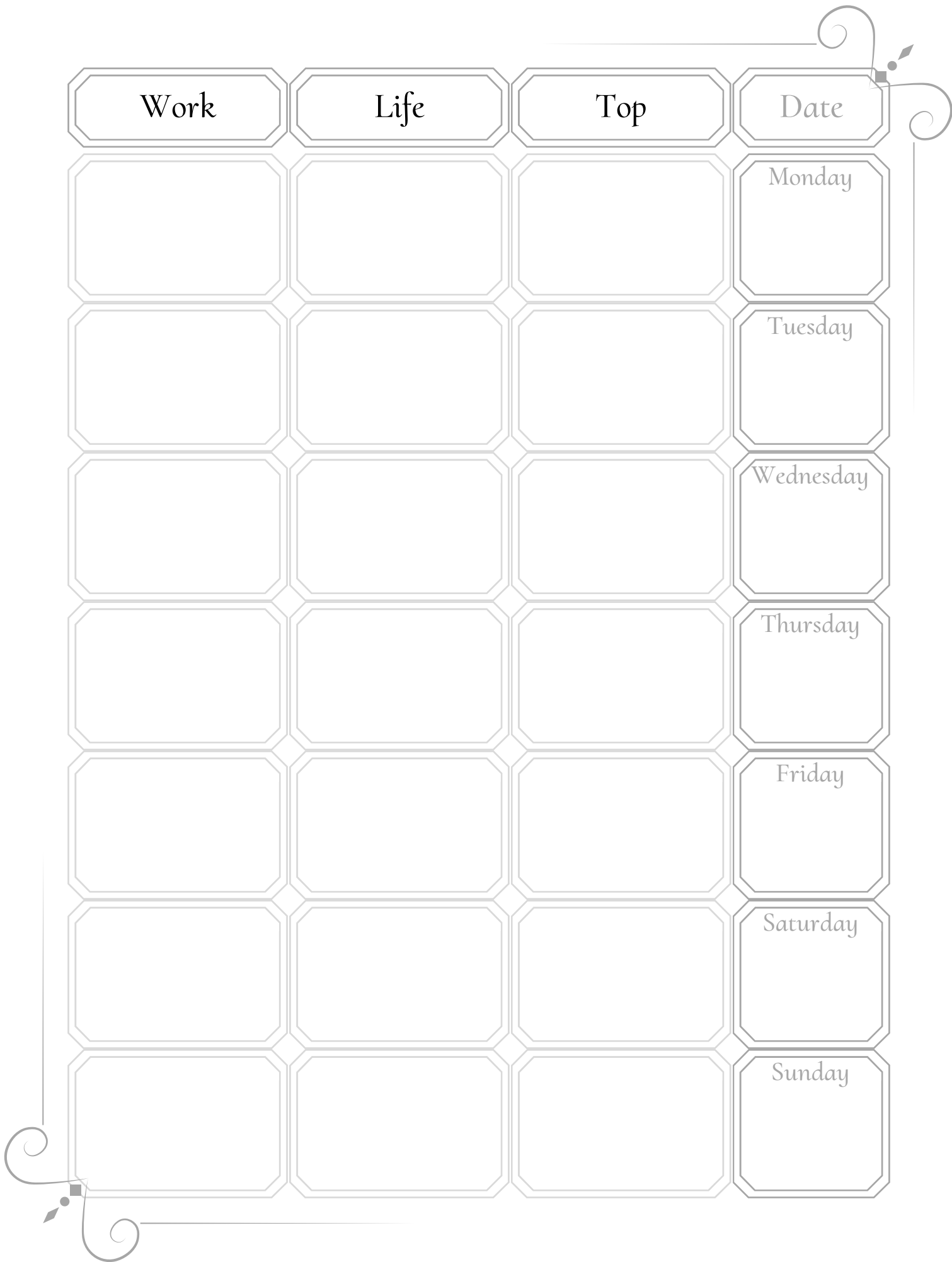
I also treat myself well by avoiding excessively long work hours. When I overwork, I feel burned out and get cranky easily. To avoid that state of self-destruction, I keep reasonable work hours. Balance is a way to show self-love

Coloring



Journal Question and Gratitude

How do I balance hardwork and downtime?



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Thought of the Week

I shut out the voice in my head that tells me I am not good enough. My self-confidence increases when I recognize that my life is unique and worth far more than anything money could buy.

There are talents and gifts within me that make me valuable to the world. When I focus on the gifts that I can contribute, I feel proud of myself. I reject thoughts that entice me to compare myself with others. Comparison only causes stress and pain. Instead, I train my eyes to look for things to be thankful for.

Coloring



Journal Question and Gratitude

How can I train my inner voice to speak positively?

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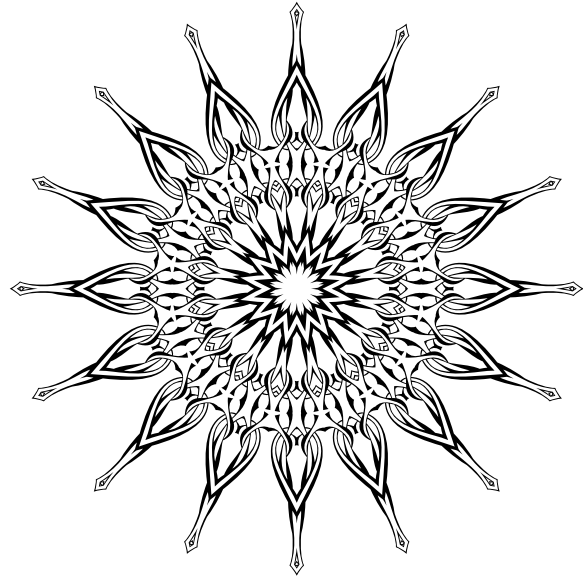
Thought of the Week

Like a magnificent painting, I show the colors of my world in brilliant juxtaposition. Even the casual observer can feel my passion.

Like a splendid sculpture, my experiences are brought to life in every nook and cranny. As I grow and learn, I mold beauty into its form.

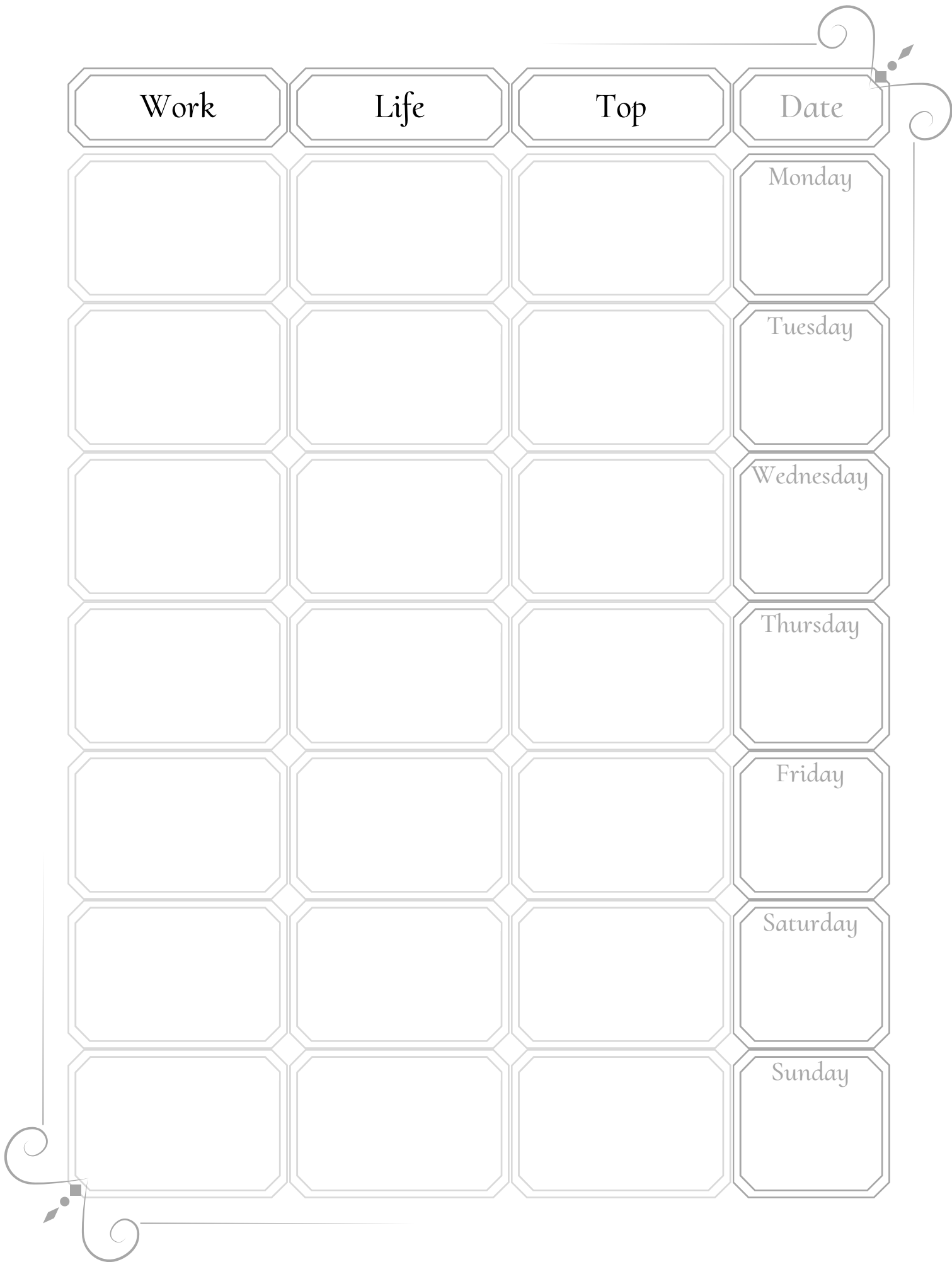
Today, I choose to add to my beauty by discovering something new and embracing exciting opportunities. These actions increase the richness of my life and brings greater fulfillment.

Coloring



Journal Question and Gratitude

What can I do this week to add to my beauty?



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Thought of the Week

I realize that I am in charge of my own reality. I can create anything I want. I am tired of waiting for the ship to stabilize. I am in charge of what happens next to me.

I know I am fully capable of creating anything I want. I know I have what it takes within me to determine my future. I feel the endurance gene activating within me.

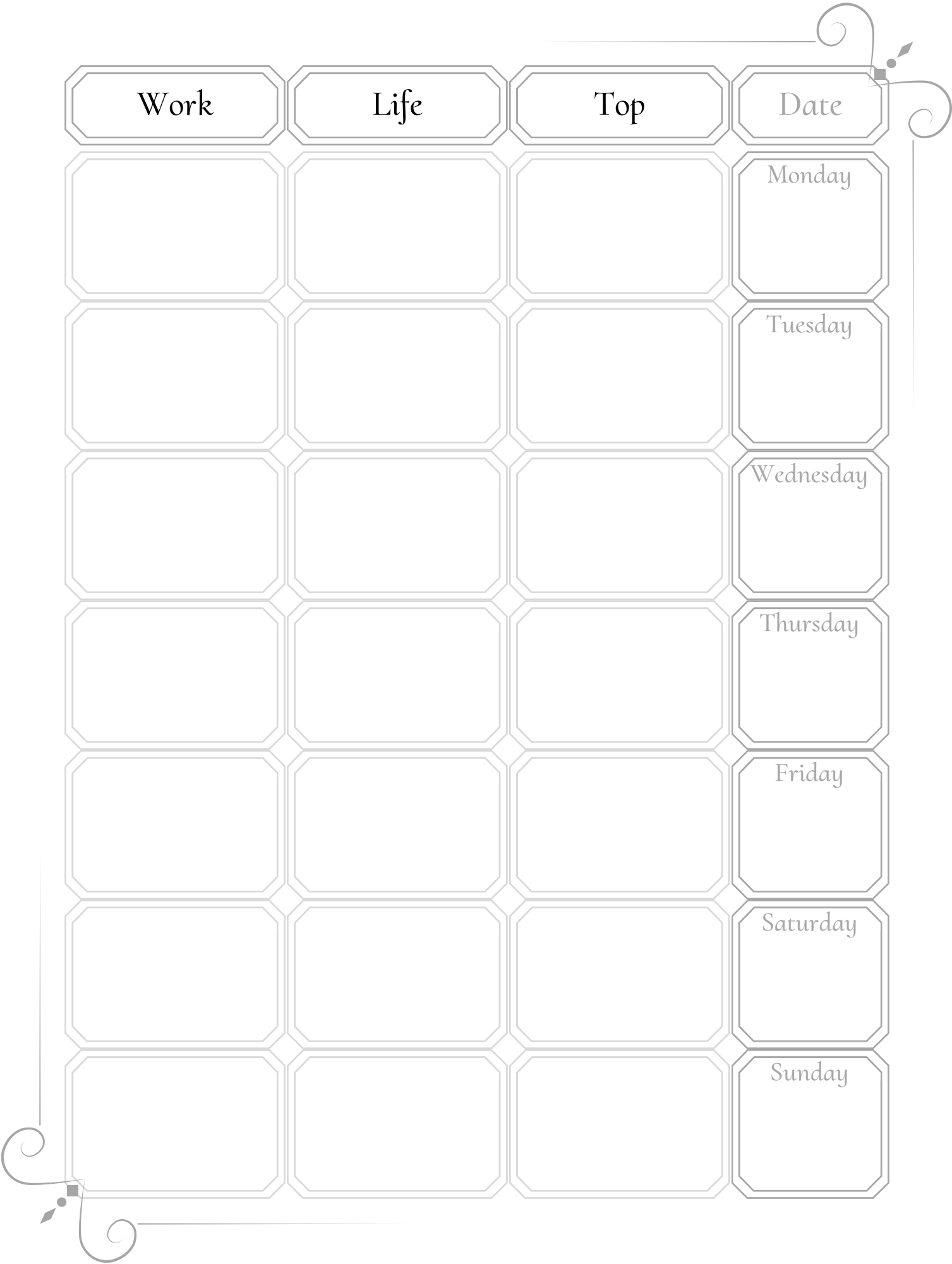
Today, I rise up and overcome all obstacles in my path and realize they are just steppingstones for reaching my full potential.

Coloring



Journal Question and Gratitude

What scares me the most?



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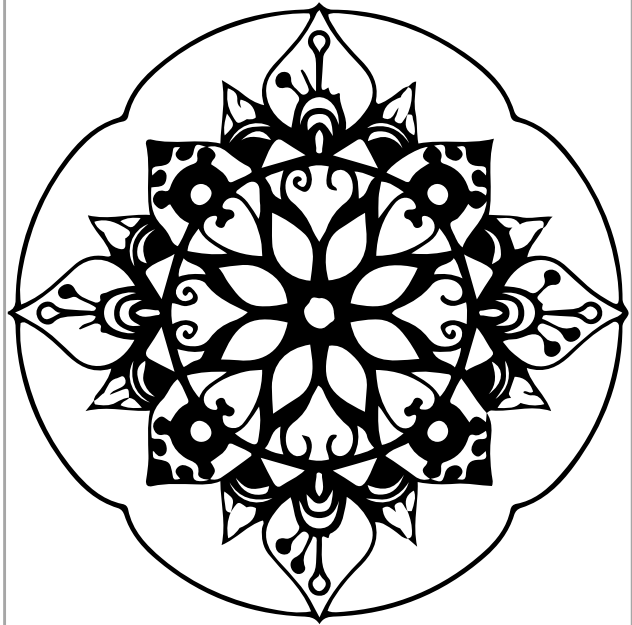
Thought of the Week

I limit distractions. I check my messages at designated times rather than staring at my phone throughout the day. I let my family and coworkers know when I am available and when I am trying to concentrate.

I display my favorite objects. I keep pictures of family vacations on my desk at work. I put candles on my mantel and quilts on my sofas.

My environment helps me to stay happy and productive.

Coloring



Journal Question and Gratitude

How can I optimize my bedroom for restful sleep?

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Thought of the Week

I value myself completely. I avoid waiting for external acknowledgement to say that i have value. I realize that now is the time to seize my personal power.

I refuse to fall prey to Fear. I remember the acronym of the world FEAR: False Evidence Appearing Real.

I have the courage to present my true self to the world. I can overcome any challenge that dares to step in my way.

Coloring



Journal Question and Gratitude

What can I do to uphold my new standard of Authentic Power?

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Thought of the Week

I have a vision for my future that inspires me every day. When I feel inspired, my standards and belief in myself are raised. I believe I can do, and be, more when I feel inspired. I am constantly looking for new sources of inspiration.

I am also enthusiastic. I radiate a positive energy that others find contagious. My enthusiasm spreads to everyone I meet. Enthusiasm can help to overcome a bad day. Enthusiasm keeps me going.

Coloring



Journal Question and Gratitude

Where do I find inspiration? Who inspires me? Why?

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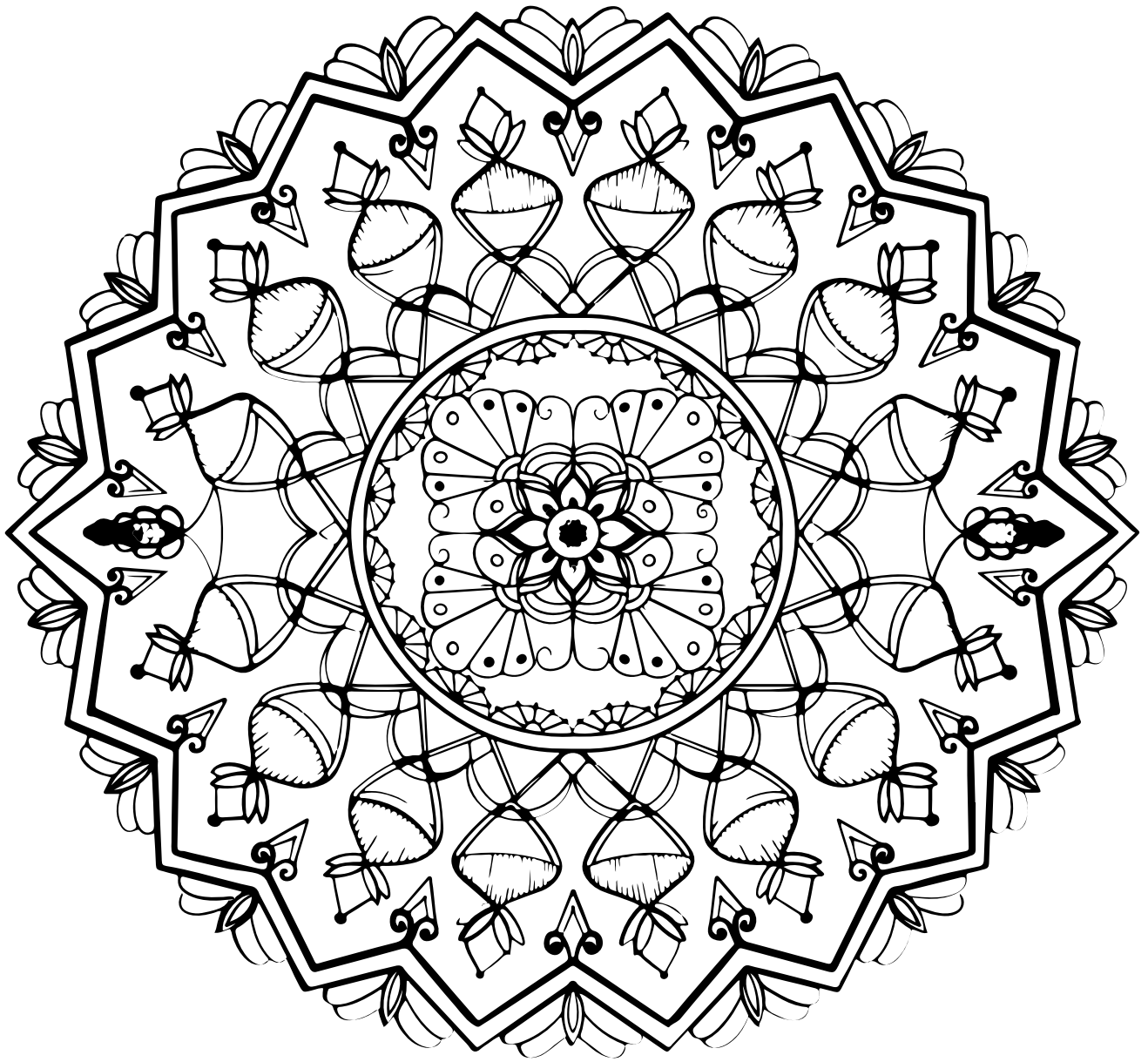
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Bonus Coloring Pages

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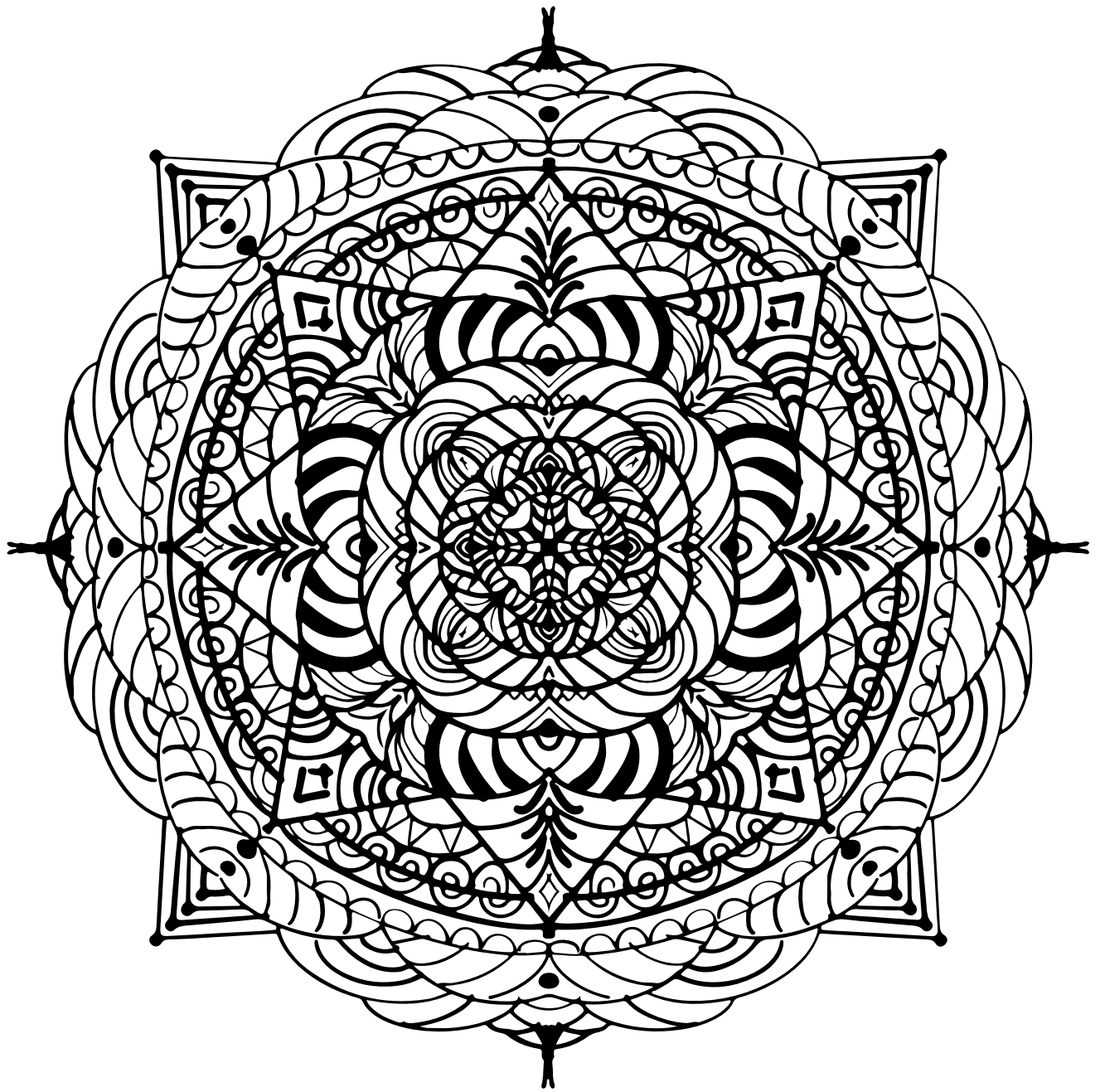
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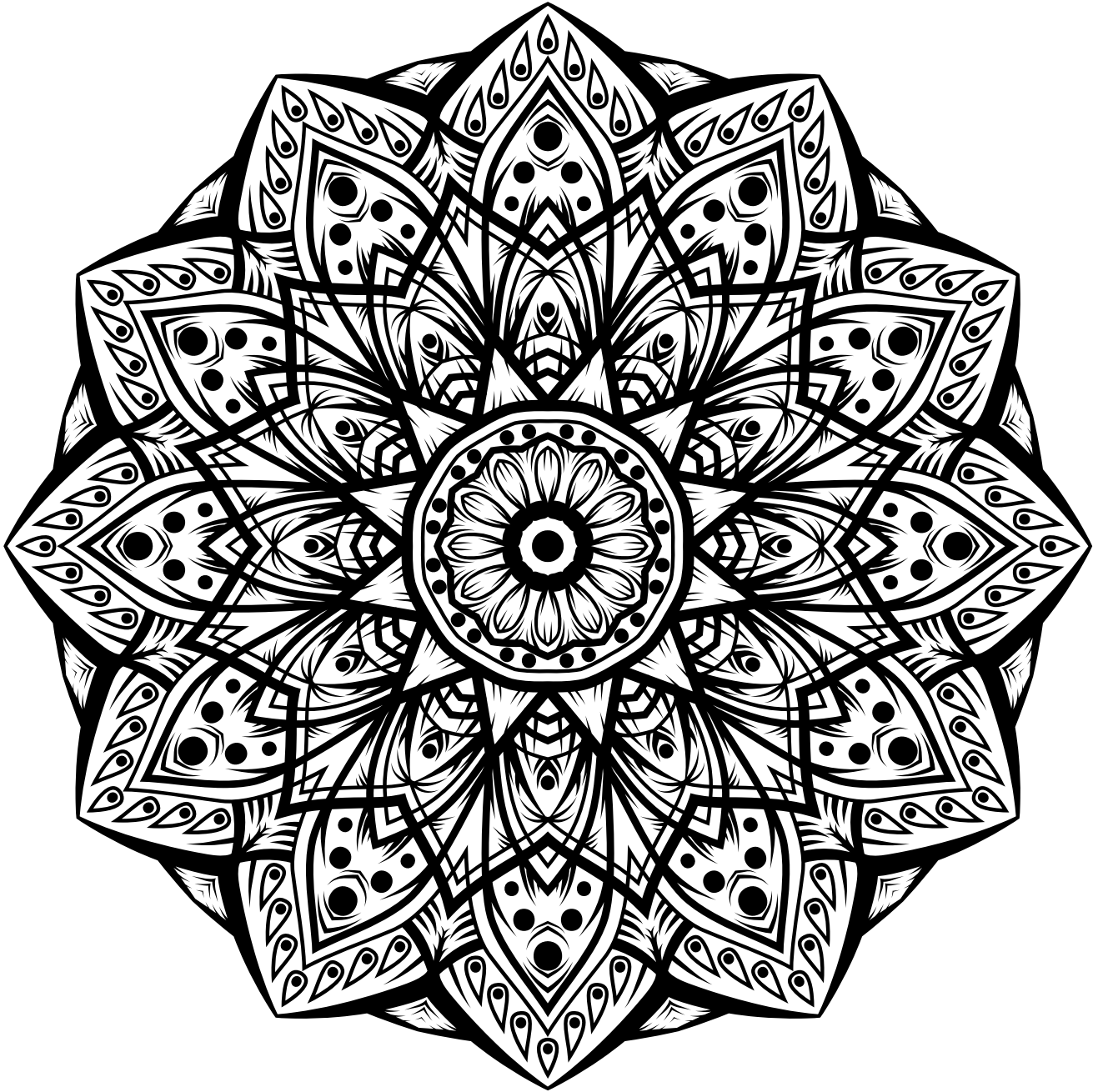
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