

# Showing Up for Yourself: Black Women Organizers Learning to Come Home to Themselves

21-Day Meditation Journal



Your hOMework is to meditate for at least 5 minutes a day.

In the columns below, write the date of the meditation, the intention or focus of the meditation, how long it lasted, and what you observed after meditation. Your observations can be what you experienced or how you felt after—you can even write if you were distracted. This is all part of the process. The goal is for you to create a sustainable practice and make it just as much part of your day as everything else.

Date	Intention/Focus	Duration	Observations

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