

7 Day Guided Meditation Challenge



Healing Touch Therapies

7 Day Guided Meditation Challenge JOURNAL

DAY 1 of Micromeditation Challenge

I met Angel

I received:

I felt:

.....

DAY 2 of Micromeditation Challenge

I met Angel

I received:

I felt:

.....

DAY 3 of Micromeditation Challenge

I met Angel

I received:

I felt:

.....

Remember to comment and share on one of our platforms, to enter to win a personalized guided meditation



Healing Touch Therapies

DAY 4 of Micromeditation Challenge

I met Angel

I received:

I felt:

DAY 5 of Micromeditation Challenge

I met Angel

I received:

I felt:

DAY 6 of Micromeditation Challenge

I met Angel

I received:

I felt:

DAY 7 of Micromeditation Challenge

I met Angel

I received:

I felt:

