

# November Meditations

2022



date	day	✓	practice	notes (successes, challenges, insights)
1	T			
2	W			
3	T			
4	F			
5	S			
6	S			
7	M			
8	T			
9	W			
10	T			
11	F			
12	S			
13	S			
14	M			
15	T			
16	W			
17	T			
18	F			
19	S			
20	S			
21	M			
22	T			
23	W			
24	T			1 minute counts. Happy Thanksgiving!
25	F			
26	S			
27	S			
28	M			
29	T			
30	W			

<p><b>Allies</b></p> <ul style="list-style-type: none"> <li>· Be kind to yourself _____</li> <li>· Remember your intention(s) _____</li> <li>· Link to an existing habit _____</li> <li>· Find a Practice Partner _____</li> </ul>
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<p><b>Hindrances &amp; strategies to overcome them</b></p> <p>_____</p> <p>_____</p> <p>_____</p>
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