



Sleep and Rest Target Setting
Meditation

I mediatate _____ minutes per day by _____

The benefit to me and others for mediatating _____ minutes per day is:

The cost to me and others for not mediatating _____ minutes per day is:

The price I am willing to pay to mediatate _____ minutes per day is:

To mediatate _____ minutes per day, I am willing to change, give-up or add to my life:
