



Activity

40 Days of Meditation

√	Day	Date	Meditation
	1		
	2		
	3		
	4		
	5		
	6		
	7		
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	21		
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	23		

Getting Started: Find Your Meditation

√	Day	Date	Meditation
	24		
	25		
	26		
	27		
	28		
	29		
	30		
	31		
	32		
	33		
	34		
	35		
	36		
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	40		