

COMMIT TO SIT - NOVEMBER 2016!
Bloom of the Present Insight Meditation
bloomofthepresent.org

DATE:

NAME:

I commit to sit everyday during the month of May 2016.

I will meditate _____ time(s) per day for _____ minutes.
 (We suggest a minimum of 20 minutes. You may increase the time a little each week if you choose.)

I plan to schedule to meditate each day at: _____ AM _____ PM

Signature

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2016						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Notes:		