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Explore Meditation

Download a guided meditation app or find a 10- to 20-minute guided meditation on the web and try it out every day for a week. Then, reflect on your experience using the journal prompts below:

How did it affect your sleep?

How did it affect your mood?

How did it affect your productivity?

How did it affect your creativity?

How did it affect your relationships and interactions with others?

What else happened?
