

Anxiety Relief Meditation Checklist

Track your daily meditation and mood for a calmer, more mindful you

Day 1

■■■■ Meditation Technique Used (Check one):

■ Box Breathing ■ Body Scan ■ Mantra ■ Loving-Kindness ■ Walking ■ 5-Senses ■ Guided

■ Anxiety Level (1–10): _____

■ Mood (before vs. after): _____ → _____

■■ Mantra or Insight of the Day: _____

■ One Thing I'm Grateful For: _____

■ Intention for the Day (1 word): _____

Day 2

■■■■ Meditation Technique Used (Check one):

■ Box Breathing ■ Body Scan ■ Mantra ■ Loving-Kindness ■ Walking ■ 5-Senses ■ Guided

■ Anxiety Level (1–10): _____

■ Mood (before vs. after): _____ → _____

■■ Mantra or Insight of the Day: _____

■ One Thing I'm Grateful For: _____

■ Intention for the Day (1 word): _____

Day 3

■■■■ Meditation Technique Used (Check one):

■ Box Breathing ■ Body Scan ■ Mantra ■ Loving-Kindness ■ Walking ■ 5-Senses ■ Guided

■ Anxiety Level (1–10): _____

■ Mood (before vs. after): _____ → _____

■■ Mantra or Insight of the Day: _____

■ One Thing I'm Grateful For: _____

■ Intention for the Day (1 word): _____

Day 4

■■■■ Meditation Technique Used (Check one):

■ Box Breathing ■ Body Scan ■ Mantra ■ Loving-Kindness ■ Walking ■ 5-Senses ■ Guided

Tip: Just 5 minutes a day can build a lifelong habit of calm.

■ Anxiety Level (1–10): _____

■ Mood (before vs. after): _____ → _____