

Train My Brain

Month:



a 31 Day experiment!

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
28	30	31				

The goal of meditation isn't to control your thoughts; it's to stop letting them control you."

