



# Flight Plan

Name	<input type="text"/>
Date	<input type="text"/>
Time frame	<input type="checkbox"/> One Week <input type="checkbox"/> One Month
What is my “WHY”? Why am I meditating? What am I needing right now?	<input type="text"/>
I am committing to :  preferably choose only 1, and never more than 2 for each Flight Plan	<input type="checkbox"/> Find my place for meditation <input type="checkbox"/> Find my time for meditation <input type="checkbox"/> Try a new posture for meditation <input type="checkbox"/> Meditate daily <input type="checkbox"/> Increase my meditation time to <input type="text"/> <input type="checkbox"/> Keep a gratitude journal <input type="checkbox"/> Journal my meditation experience <input type="checkbox"/> Self guided meditation <input type="checkbox"/> Invite some else into meditation <input type="text"/> <input type="checkbox"/> Other <input type="text"/>
Obstacles I can foresee no more than 3 for each Flight Plan	<input type="text"/> <input type="text"/> <input type="text"/>
Plans to overcome obstacles	<input type="text"/>
I will share this Flight Plan with	<input type="checkbox"/> Community Forum <input type="checkbox"/> Steve <input type="checkbox"/> Renee <input type="checkbox"/> In a live Meet session <input type="checkbox"/> Another person <input type="text"/>

## Flight Plan Follow Up

Date	<input data-bbox="537 338 797 394" type="text"/>
What went well?	
What did I learn?	
Ideas for next Flight Plan	