

# 30-DAY MEDITATION CHALLENGE

QUOTES AND QUESTIONS TO GO BEYOND YOUR DAILY PRACTICE



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“MEDITATION IS A WAY FOR  
NOURISHING AND BLOSSOMING THE  
DIVINITY WITHIN YOU.”

— AMIT RAY

DAY 1: WHY DO YOU WANT TO MEDITATE?

*“IN MEDITATION WE DISCOVER OUR  
INHERENT RESTLESSNESS.”* — PEMA  
CHÖDRÖN

DAY 2: DO YOU FEEL RESTLESS A LOT OF THE TIME? WHY DO YOU THINK THAT IS?

“MEDITATION WILL NOT CARRY YOU TO ANOTHER WORLD, BUT IT WILL REVEAL THE MOST PROFOUND AND AWESOME DIMENSIONS OF THE WORLD IN WHICH YOU ALREADY LIVE. - ZEN MASTER HSING YUN

DAY 3: WHAT'S AWESOME ABOUT THE WORLD YOU LIVE IN?

“MEDITATION SHOULD NOT BE REGARDED AS A LEARNING PROCESS. IT SHOULD BE REGARDED AS AN EXPERIENCING PROCESS. YOU SHOULD NOT TRY TO LEARN FROM MEDITATION BUT TRY TO FEEL IT. - CHOGYAM TRUNGPA RINPOCHE

DAY 4: WHAT BENEFITS ARE YOU FEELING FROM MEDITATING?

“AT THE END OF THE DAY, I CAN END UP JUST TOTALLY WACKY, BECAUSE I’VE MADE MOUNTAINS OUT OF MOLEHILLS. WITH MEDITATION, I CAN KEEP THEM AS MOLEHILLS.” - RINGO STARR

DAY 5: ARE YOU MAKE MOUNTAINS OUT OF MOLEHILLS?

“THE GREATEST HELP TO SPIRITUAL LIFE IS MEDITATION. IN MEDITATION WE DIVEST OURSELVES OF ALL MATERIAL CONDITIONS AND FEEL OUR DIVINE NATURE. WE DO NOT DEPEND UPON ANY EXTERNAL HELP IN MEDITATION.” - SWAMI VIVEKANANDA

DAY 6: HOW CONNECTED ARE YOU TO YOUR SPIRITUAL SIDE?

“MEDITATION IS TO BE AWARE OF EVERY THOUGHT AND OF EVERY FEELING, NEVER TO SAY IT IS RIGHT OR WRONG, BUT JUST TO WATCH IT AND MOVE WITH IT. IN THAT WATCHING, YOU BEGIN TO UNDERSTAND THE WHOLE MOVEMENT OF THOUGHT AND FEELING. AND OUT OF THIS AWARENESS COMES SILENCE.” -

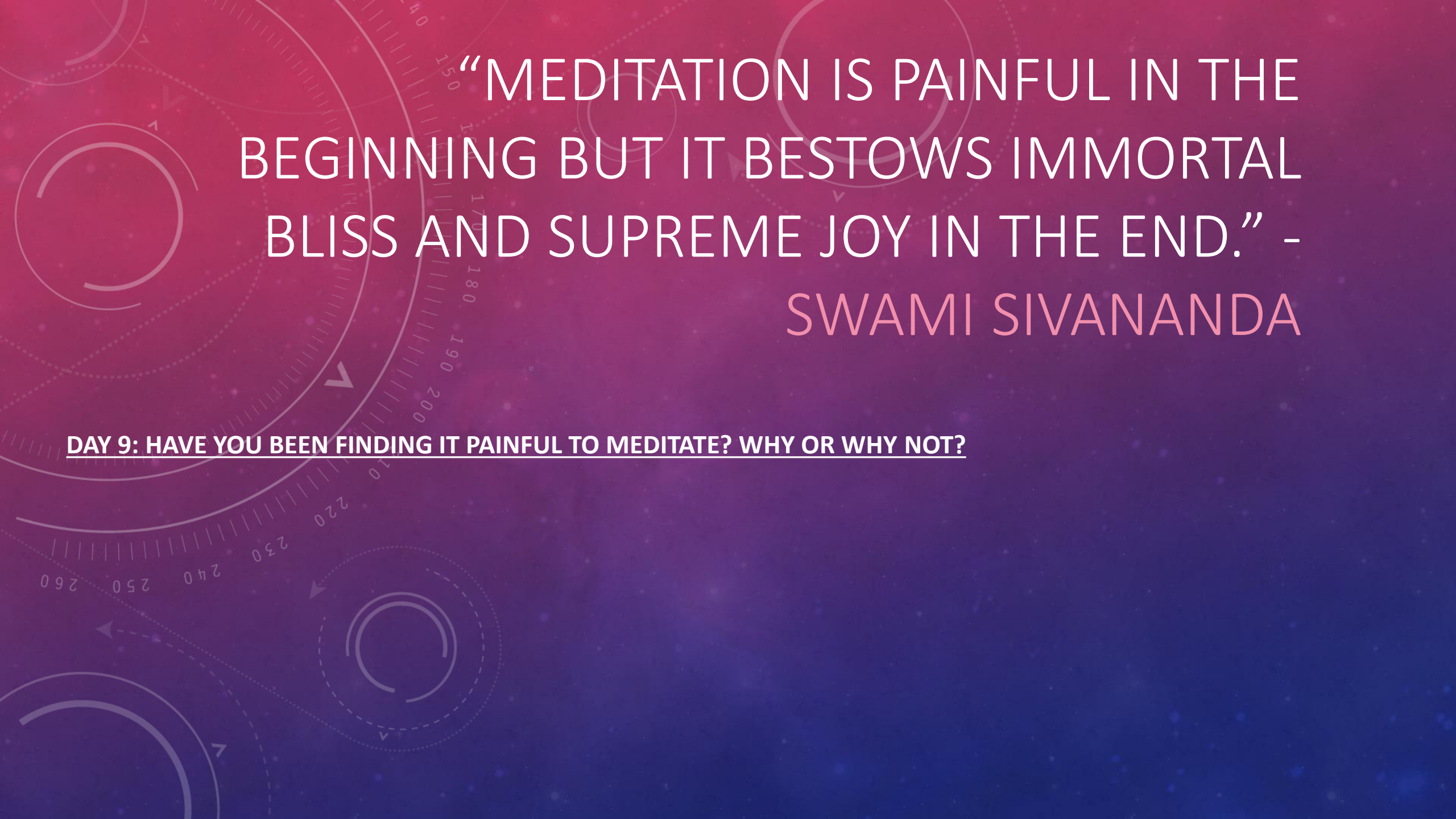
JIDDU KRISHNAMURTI

DAY 7: ARE YOU BECOMING MORE AWARE OF HOW YOUR THOUGHTS ARE SEPARATE FROM YOU?



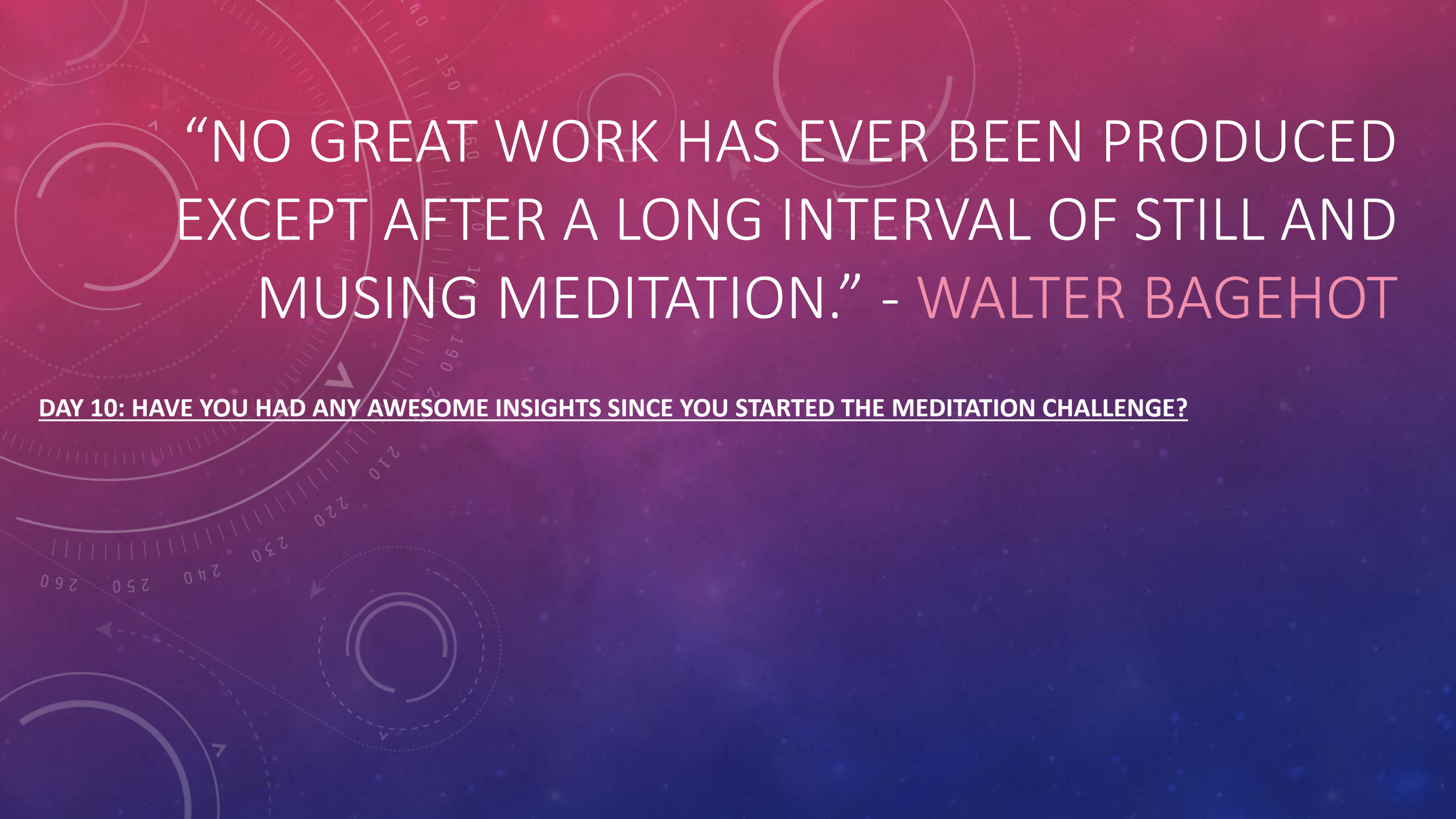
“MEDITATION CAN HELP US EMBRACE OUR WORRIES, OUR FEAR, OUR ANGER; AND THAT IS VERY HEALING. WE LET OUR OWN NATURAL CAPACITY OF HEALING DO THE WORK.” - THICH NHAT HANH

DAY 8: HOW WOULD IT FEEL NOT TO BE HOSTAGE TO YOUR WORRIES, FEAR, OR ANGER?




“MEDITATION IS PAINFUL IN THE  
BEGINNING BUT IT BESTOWS IMMORTAL  
BLISS AND SUPREME JOY IN THE END.” -  
SWAMI SIVANANDA

DAY 9: HAVE YOU BEEN FINDING IT PAINFUL TO MEDITATE? WHY OR WHY NOT?

The background features a gradient from red at the top to blue at the bottom. Overlaid on this are several faint, semi-transparent circular patterns, some resembling gauges or progress indicators with numbers like 150, 170, 190, 210, 220, 230, 240, 250, and 260. There are also dashed lines and arrows forming circular paths.

“NO GREAT WORK HAS EVER BEEN PRODUCED  
EXCEPT AFTER A LONG INTERVAL OF STILL AND  
MUSING MEDITATION.” - WALTER BAGEHOT

DAY 10: HAVE YOU HAD ANY AWESOME INSIGHTS SINCE YOU STARTED THE MEDITATION CHALLENGE?

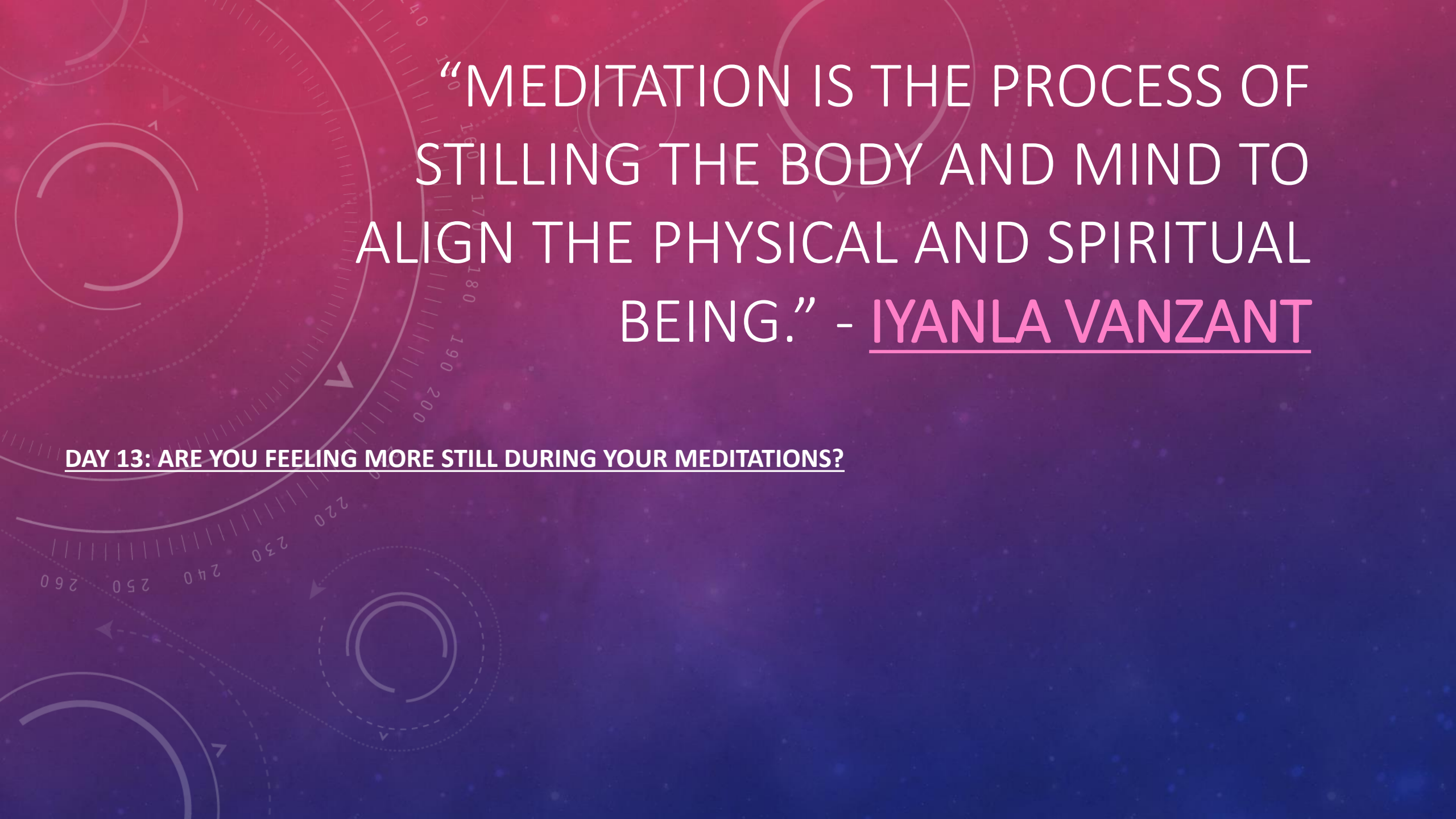
The background features a gradient from red at the top to blue at the bottom. Overlaid on this are several circular elements: a large scale on the left with numbers from 140 to 260, and various concentric circles and dashed lines, some with arrows, scattered across the frame.

“MEDITATION IS THE SOUL'S PERSPECTIVE  
GLASS.” - OWEN FELTHAM

DAY 11: ARE THINGS LOOKING CLEARER TO YOU NOW THAT YOU'VE MEDITATED FOR ALMOST TWO WEEKS?

“MEDITATION IS TO GET INSIGHT, TO GET UNDERSTANDING AND COMPASSION, AND WHEN YOU HAVE THEM, YOU ARE COMPELLED TO ACT.” - NHAT HANH

DAY 12: ARE YOU FEELING MORE CONNECTED TO THE WORLD AROUND YOU?

The background features a gradient from red at the top to blue at the bottom. It is overlaid with various circular and semi-circular patterns, including dashed lines, solid lines, and arrows. Some of these patterns resemble clock faces or gauges, with numbers like 40, 100, 150, 170, 180, 190, 200, 220, 230, 240, 250, and 260 visible. The overall aesthetic is technical and futuristic.

“MEDITATION IS THE PROCESS OF  
STILLING THE BODY AND MIND TO  
ALIGN THE PHYSICAL AND SPIRITUAL  
BEING.” - IYANLA VANZANT

DAY 13: ARE YOU FEELING MORE STILL DURING YOUR MEDITATIONS?



“MEDITATION BRINGS US BACK TO  
COMPASSION.” - RUSSELL SIMMONS

DAY 14: ARE YOU FEELING MORE COMPASSIONATE TOWARDS OTHERS?

“MEDITATION DEMANDS AN ASTONISHINGLY  
ALERT MIND; IT IS THE UNDERSTANDING OF  
THE TOTALITY OF LIFE IN WHICH EVERY FORM  
OF FRAGMENTATION HAS CEASED.” - JIDDU  
KRISHNAMURTI

DAY 15: ARE YOU FEELING MORE ALERT AND AWARE?



“THROUGH MEDITATION AND BY GIVING  
FULL ATTENTION TO ONE THING AT A TIME,  
WE CAN LEARN TO DIRECT ATTENTION  
WHERE WE CHOOSE.” - EKNATH EASWARAN

DAY 16: ARE YOU HAVING AN EASIER TIME FOCUSING AND CONCENTRATING YET?



“MEDITATION IS A GREAT WAY TO KEEP MY  
BODY WELL-CENTERED WHILE JUGGLING  
SHOOTING SCHEDULES AND RECORDING  
SESSIONS.” - ARIANA GRANDE

DAY 17: IS LIFE FEELING LESS STRESSFUL?

“MEDITATION HAS BEEN A LOYAL FRIEND TO ME. IT HAS HELPED ME WRITE MY BOOKS.” - ALICE WALKER

DAY 18: WHAT IS MEDITATION DOING FOR YOU?

“I HAVE ONE ROOM DEDICATED TO  
JUST MEDITATION.” - MICHELLE PHAN

DAY 19: DO YOU FIND ONE PLACE BETTER TO MEDITATE THAN ANY OTHER PLACE? IF NOT, ARE YOU LOOKING FOR THAT PLACE?



“MEDITATION HELPS ME TO CALM DOWN.” -  
LADY GAGA

DAY 20: DO YOU FEEL MORE CALM AND CENTERED SINCE YOU STARTED MEDITATING?

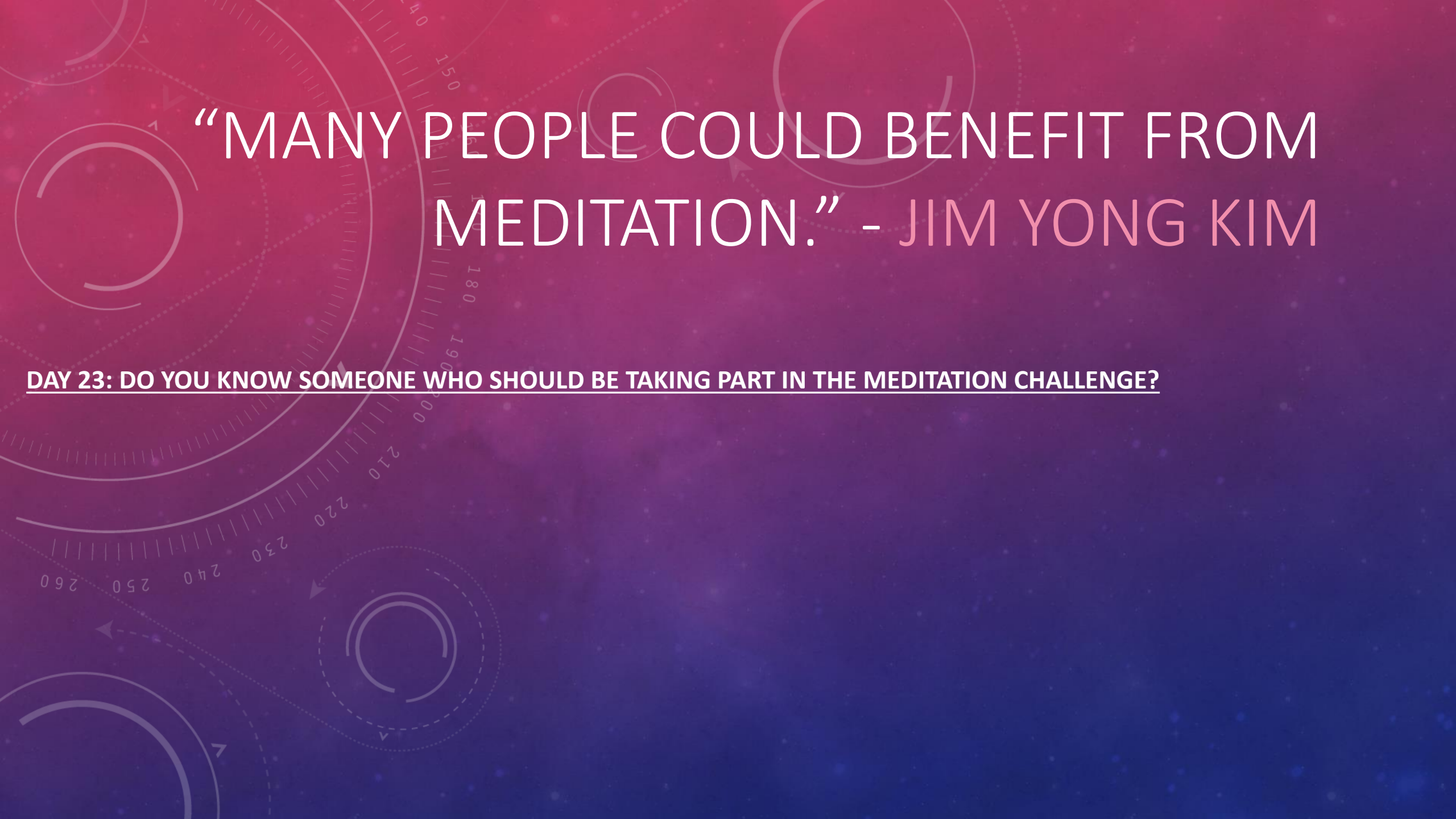
“REMEMBER WHAT PEOPLE USED TO SAY  
ABOUT MEDITATION? NOW EVERYONE IS DOING  
IT.” - SHIRLEY MACLAINE

**DAY 21: IS THERE ANYONE IN YOUR LIFE WHO TELLS YOU MEDITATION IS STUPID? ARE THEY LIVING OFF STUBBORN BELIEFS?**



“I STUDIED MEDITATION, KNOWING IT  
WOULD BE A HUGE NEW CALMING  
SKILL.” - JOHN CAMERON MITCHELL

DAY 22: MEDITATION IS A SKILL AND TAKES PRACTICE. ARE YOU GETTING THE HANG OF IT YET?

The background features a gradient from red at the top to blue at the bottom, overlaid with faint, glowing circular patterns and a starry sky effect. The text is centered in the upper half of the image.

“MANY PEOPLE COULD BENEFIT FROM  
MEDITATION.” - JIM YONG KIM

DAY 23: DO YOU KNOW SOMEONE WHO SHOULD BE TAKING PART IN THE MEDITATION CHALLENGE?



“WHEN YOU'RE A KID, YOU LAY IN THE GRASS  
AND WATCH THE CLOUDS GOING OVER, AND  
YOU LITERALLY DON'T HAVE A THOUGHT IN  
YOUR MIND. IT'S PURELY MEDITATION, AND WE  
LOSE THAT.” - DICK VAN DYKE

DAY 24: WHAT WAYS CAN YOU BRING NATURAL MEDITATION BACK INTO YOUR LIFE?

“JESUS HIMSELF TALKED ABOUT PRAYER AND MEDITATION. ANYTHING THAT BRINGS YOU CLOSER TO THE LORD, WHAT'S WRONG WITH THAT?” - DENNIS QUAID

DAY 25: ARE THERE ANY OLD BELIEFS THAT ARE HOLDING YOU BACK FROM EXPERIENCING MEDITATION TO IT'S FULLEST?

“IT IS ONLY THROUGH MEDITATION THAT WE CAN GET LASTING PEACE, DIVINE PEACE. IF WE MEDITATE SOULFULLY IN THE MORNING AND RECEIVE PEACE FOR ONLY ONE MINUTE, THAT ONE MINUTE OF PEACE WILL PERMEATE OUR WHOLE DAY.” — SRI CHINMOY

DAY 26: ARE YOU FEELING MORE PEACEFUL THROUGHOUT YOUR DAY?

“MEDITATION IS NOT A WAY OF MAKING YOUR MIND QUIET. IT IS A WAY OF ENTERING INTO THE QUIET THAT IS ALREADY THERE - BURIED UNDER THE 50,000 THOUGHTS THE AVERAGE PERSON THINKS EVERY DAY”

— DEEPAK CHOPRA

DAY 27: ARE YOU STARTING TO REALIZE THAT THE QUIET WAS THERE ALL ALONG?

“MEDITATION CONNECTS YOU WITH YOUR SOUL, AND THIS CONNECTION GIVES YOU ACCESS TO YOUR INTUITION, YOUR HEARTFELT DESIRES, YOUR INTEGRITY, AND THE INSPIRATION TO CREATE A LIFE YOU LOVE.”

— SARAH MCLEAN

DAY 28: ARE YOU FEELING MORE CONNECTED TO YOUR INTUITION, DESIRES, INTEGRITY, AND INSPIRATION?

“PEOPLE, MEDITATION ISN'T AN APP  
THING. PUT YOUR FRICKEN PHONE  
DOWN FOR 20 MINUTES.” - MIKE ELGAN

DAY 29: DO YOU THINK YOU CAN MEDITATE ON YOUR OWN? WITH NO APPS, VIDEOS, MUSIC, ETC?

“MEDITATION IS THE DISSOLUTION OF  
THOUGHTS IN ETERNAL AWARENESS OR PURE  
CONSCIOUSNESS WITHOUT OBJECTIFICATION,  
KNOWING WITHOUT THINKING, MERGING  
FINITUDE IN INFINITY.”

— VOLTAIRE

DAY 30: IS MEDITATION SOMETHING YOU WANT TO MAKE PERMANENT? WHY OR WHY NOT?