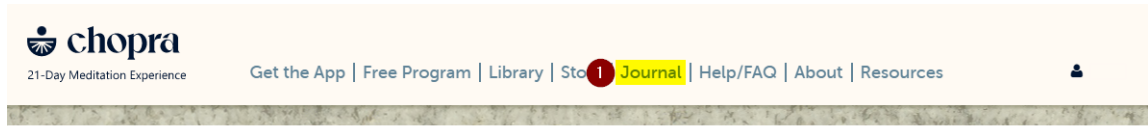


## To Download Journal Entries from ChopraMeditation.com

- Select the **“Journal”** option from the website header menu.



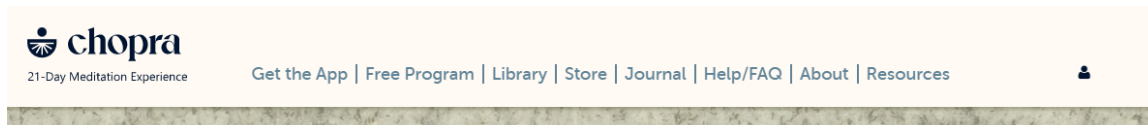
### Your Personal Meditation Journal - Become What You Believe - Extended Version

Welcome to your private journal, an interactive tool to deepen your experience of the 21-Day Meditation Experience. Anchor in the teachings of the day through Reflections Questions and personal writing during the 5-day free period window. Print them as you go or access them all when you add it to your library. For more information on the journal, please visit our Help section.

Choose from your library:

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- Select your desired album from the dropdown menu below **“Choose from Your Library”**, then select **“Print All”**.



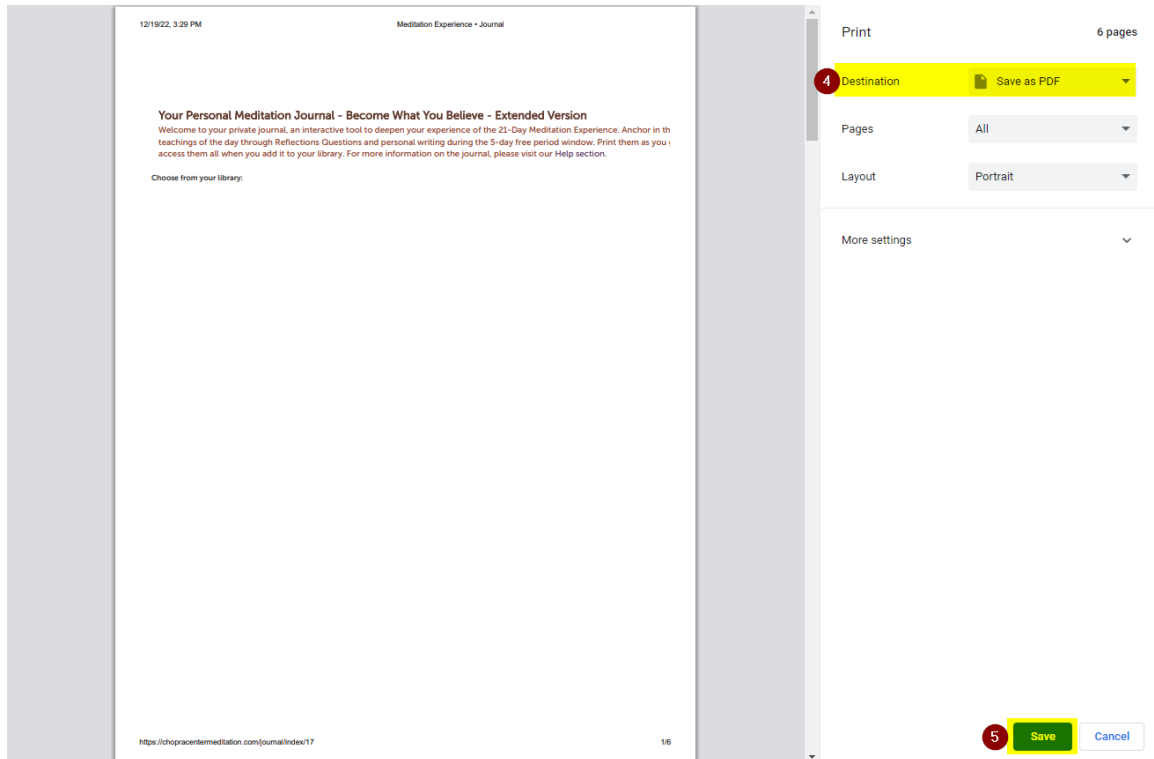
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- When the Print menu appears, change **“Destination”** in the top right corner of the screen to **“Save as PDF”**, then select **“Save”** in the bottom right corner of the screen.



- Select the desired location on your device to permanently save and store your journals for future reference.

PLEASE NOTE: As of January 20, 2023 the ChopraMeditation.com website will redirect to Chopra.com. There is no journal feature on Chopra.com or Chopra App. We encourage you to continue writing down your thoughts, dreams, feelings, and ideas as you progress, using any platform you feel supports your healing journey. After January 20, 2023 we are no longer able to provide access to journal entries.