

Meditation

Rate 1-5 1 = bad 3 = so so 5 = awesome N/A = not applicable	When I do 5-20 minutes of body breath practice	After a week of strong commitment to body breath practice
Feeling of vitality & health		
Diminishment of body aches, pains or other symptoms		
Clarity of my thinking		
Connection my deeper intentions		
My overall efficiency		
Ability to concentrate		
My ability to make better decisions for my body, my work, & my life		
Minimizing stress		
Access to my intuition or inner compass		
My ability to create or reinforce other positive habits		
Quality of my communication		
My experience of inner peace		
My body awareness		
Be at or move towards my optimal weight		

**Do the above chart with your breath practice (meditation)

Meditation

Do's

Practice Early

Do the breath practice early in your day if your having troubles sticking to your routine of getting it in. But whenever you can is when you should!

Wear loose clothes & sit

Your body needs to expand when you breathe not feeling restricted with clothing that feels to tight. Sit up as tall as you can whether your sitting on the ground or in a chair.

Be Gentle

Remember to ease into it don't get mad at yourself if you can't sit for longer then 10 seconds without feeling fidgeting.

Link day to day

One of my mentors said to think of your meditation practice like beading a necklace. If you miss a day you have to start all over. The more you string your days together the better the necklace will come together.

Breathe for Nourishment

Prana is happening during your practice so notice the energy your body is receiving.

Mediation Challenge

There are a ton of free meditation challenges you can join like a 21 day meditation challenge Oprah & Depok Chopra have one & free challenges on Pinterest.

Start Here

1. Set your timer for 5, 10, 15 minutes (I like to use insight timer) they have both guided options, silence, and slow chanting.
2. Inhale through your nose & exhale slowly through your wide open mouth.
3. You can practice counting to a specific number with each breathe such as breath in for 5 or 8 counts & exhale 5 to 8 counts.
4. If a thought arises notice it and acknowledge it and move forwards.
5. Even if you feel fidgety try and push through that is where the magic is.

Meditation

Start Meditation Worksheet

What is the minimum amount of time I can dedicate to a daily meditation practice this month? _____

When can I meditate at the same time everyday? _____

What space will I use to sit? _____

Would it be helpful to listen to an audio or sit in silence? _____

What cue can you use to draw you to meditate? _____

Have I failed to stick to a meditation practice before? If so, why? _____

What benefits do you want to experience from a daily meditation practice?

For experienced meditators- does it feel like your practice is effective? Describe.

What could make your existing practice more effective? _____
