

Use this page to write down any notes you'd like to take. Noticing any changes in your practice, the state of your mental health, your ability to handle stressful situations etc.

WEEK ONE ~

WEEK TWO ~

WEEK THREE ~

WEEK FOUR ~



Helpful apps

Insight Timer - there's also a great timer option on this app if you prefer unguided.

Yoga Nidra Lite

Headspace

Calm

Styles (some examples)

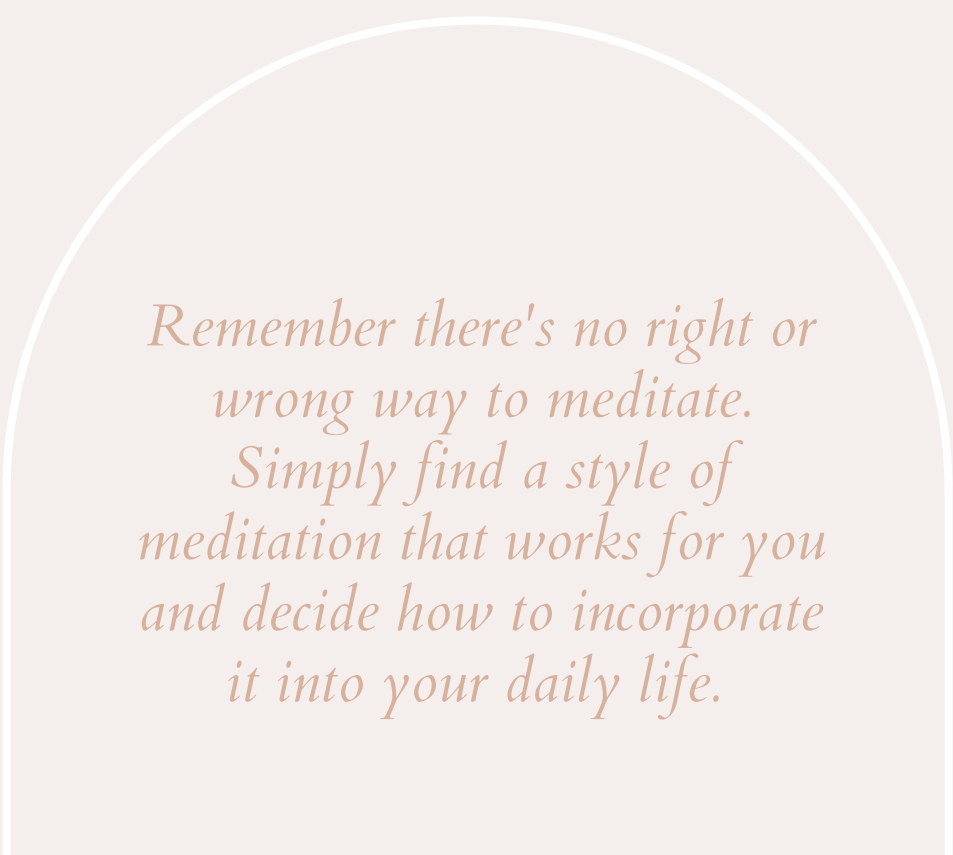
Mantra Meditation

Loving-Kindness

Visualization

Mindfulness

Body scan



Remember there's no right or wrong way to meditate.

Simply find a style of meditation that works for you and decide how to incorporate it into your daily life.

Helpful Tips

Understand your WHY. Knowing why you're incorporating this practice will help you to stick with it.

Become mindful of how your body + mind feel after meditation. Carry that with you as you start your day.

Know that this isn't a competition or a race, this is a lifelong practice. Using a daily practice log can help you create a habit in the beginning.

Know that meditation isn't about stopping your thoughts. Your mind is meant to think, we are simply practicing to observe our thoughts and emotions without attaching ourselves to them.

Frequency trumps duration. Pick a time frame, 10 minutes is great to start with. You can always gradually increase to 15, 20, or 30 minutes.

Sit on a blanket or pillow to prop the sit bones up higher.

Allow the spine to be erect, but still maintain the natural curvature of the spine.

Choose a time of day to commit to your practice. Early morning just before the sun comes up is an ideal time, but anytime is fine.



Journal Prompts

- ~ Research The 4 Noble Truths, what is your relationship with dukkha (suffering)
- ~What is the WHY that brings you to meditation, and what do you hope to gain from your practice?
- ~ I am mindful of the challenges that I have faced on my journey to where I am now. Without these challenges, I would not be who I am today. I feel grateful for...
- ~ Take note of how you feel in your body before meditation, after practice spend some time reflecting on any changes in your being, mentally and physically. What has changed? Write them down and notice if this changes over time, or if these qualities begin to stay with you throughout your day.
- ~ How can you begin to live in alignment with your values and beliefs
- ~ You are a cyclic being, how can you better support yourself and your nervous system in regards to living in harmony with the daily cycle. For example - practices to help you wake with radiance, and practices to help you wind down of an evening.

Learnings

SOME INTERESTING MATERIAL TO DIGEST ~

[Insight Hour Podcast with Joseph Goldstein](#)

[CLEANING UP THE MENTAL MESS PODCAST - How Meditation Can Heal Childhood Trauma, Common Meditation Mistakes, How to Find Your Right Meditation Style + The Brain Science Behind Mantras \(with Emily Fletcher\).](#)

[Science and the Soul - Meditations effects on Physiology and Health](#)