

MEDITATION GUIDE

TIPS



Morning is best

As soon as you wake up is the best time to begin meditation.



Sit Quietly

Find a quiet location, undisturbed, sit cross legged or on a chair, with your back straight. Visualize a peaceful setting.



Set a Timer (10 minutes)

Set a timer for 10 mins, commit to sitting still until you hear the timer go off (if you have limited time, else you can continue as long as you like)



Focus on breath

Focus on every inhale and exhale, allow your thoughts to come and go, returning your focus again and again, on your breathing.



Stay Consistent

Meditate everyday. Keep a track of the days you meditate, on a calendar.

MORNING IDENTITY CHECK

1. Who am I?
2. What do I love about myself?
3. What do I know?
4. What do I need to learn?
5. What can I give?

MORNING CHECKLIST

TO START YOUR DAY OFF RIGHT

- Drink water when you first wake up.
- 5 mins of stretches
- Meditate for minimum of 10 minutes
- Write your goals for the day
- Eat a healthy breakfast
- Start your day happy & healthy

MORNING JOURNAL PROMPTS

- 3 things I feel grateful for
- How do I want to show up for myself today?
- 3 biggest things I want to get done today