MEDITATION PRACTICE HABIT WORKSHEET

When I _____ , I will meditate for _____ minutes.

My intention for practice is:

I will re-evaluate my meditation practice after _____ weeks.

How I will make my practice OBVIOUS:

How I will make my practice ATTRACTIVE:

How I will make my practice EASY:

How I will make my practice SATISFYING:

MEDITATION HABIT IDEA BANK

Cues to begin practice: waking up, before bed, after a meal, before/after exercise, after putting kids to bed, after parking car in garage, before/after a shower

Intentions: rest, heal, care for oneself, learn about oneself, develop coping skills, spiritual connection, more focus/ease/happiness/enjoyment of life

Ideas for self-praise: effort, courage, persistence, patience, self-kindness, curiosity, discipline, stability, or celebrate insights, relief, or emerging skills

Ways to Make It OBVIOUS:

- Set a reminder
- Follow mindfulness prompts on Apple watch/fitness tracker
- Create a meditation space
- Move your app on the front screen of your phone
- Tell others about your goals and ask them to check on your progress
- Practice at the same time every day

How to Make It ATTRACTIVE:

- Get a comfortable cushion/seat
- Meditate in a space that relaxes you
- Pair with another activity you enjoy (i.e. exercise or warm bath)
- Burn a candle or oils for a nice smell
- Try soothing music or ambient sounds
- Find a group or retreat
- Find guided meditations that you enjoy

Ideas to Make It EASY:

- Start with small increments of time
- Do an introduction course to learn the basics
- Stick with one style at a time until you feel proficient with it
- Use guided meditations
- Select/schedule guided meditations in advance
- Do it whenever you are just waiting (i.e. in line)

Hot Make It SATISFYING:

- Notice when the practice feels good
- Praise yourself for practicing every time
- Remind yourself of your intention for practice
- Acknowledge when the practice helps you in life
- Share your practice with a friend or community
- Keep a journal to track progress/reflect on practice