

10 Minute Meditation

___/___/___

Prepare your space for meditation. Remove distractions and/or play some meditation music. Calm nature sounds can also be played in the background. Set a timer if needed.



Find a comfortable posture, close your eyes, and take a few deep breaths. Take your breaths from the depths of your belly. Feel the natural rhythm of your breath, noticing the rise and fall of your belly. Count your breaths, inhaling for a count of four and exhaling for a count of four. Keep this pattern. Pay attention to the sensations of your breath, the coolness on the inhale, and warmth on the exhale. When your mind wanders, gently return your focus to your breath, letting go of distractions without judgment. Relax and release tension with each breath, embracing the present moment. Express gratitude and affirmations for your presence. Slowly open your eyes, wiggle your fingers and toes, and return to your day with a sense of calm and presence.

Specific challenges or stressors in my life that I'd like to address with mindfulness and presence?

What practical steps can I take to stay more present?

How am I feeling after the meditation?



What intentions or goals can you set for yourself moving forward?

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