

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.



Begin by lying down, then close your eyes and take a slow, deep breath. Start by relaxing your toes, feel the tension leave from your toes, then let that relaxation spread up through your feet, and move to your calves. Feel your legs getting heavy and calm. Now, focus on your fingers and let them relax. Feel the relaxation move up your palms, then arms, making them feel light and at ease. Next, relax your shoulders, letting them drop away from your ears and toward the ground. Let this calm feeling flow down your back and into your chest, making your breath deep and steady. Finally, relax your neck and head. Let your jaw, cheeks, eyes, and forehead all soften. Feel your head become light and your mind peaceful. Take a moment to enjoy this deep relaxation. When you're ready, slowly open your eyes, feeling calm and refreshed.

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 I set for myself moving forward?

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