



5 Ways to Make Meditation a Habit

NAME:

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This worksheet is a supplement training guide to “5 Ways to Make Meditation a Habit” video published on June 25, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Do you want to make meditation a habit that lasts? Most of us have tried to meditate before. Maybe even a few times. But like any habit, the tough part is sticking with it. Sometimes “life happens” and other things rise to the top of your priority list. Meditation gets bumped. So how are you going to turn meditation into a daily habit?

1. Keep it short and sweet- You just have to start. Try clearing your mind for a minute or so. Take your time, start slow and small, and work your way up. Keep it simple. Meditating does not mean sitting for hours in silence.
2. Set up a regular location- Your brain loves it when you sit on your regular peaceful space. Utilizing the path of least resistance, create a meditation space not only perfectly suited to making meditation a daily habit but also the perfect place to find peace and quiet each day. You may find it in your home office, room, or even your car.
3. Set a regular time- Not necessarily an exact time of day, but a general time. Like in the morning when you wake up, or during your lunch hour.
4. Be consistent- To get the extraordinary benefits that meditation and mindfulness have to offer, you need to practice consistently. To achieve new levels of clarity, relaxation, focus, and mindful presence, you need to find a way to make meditation a regular part of your routine. Start simply if you want the habit to stick. You can do it for 5 minutes as a start and work your way up.
5. Don't be too hard on yourself- Let's face it, meditation is hard for most people as it requires full attention and commitment. It's just a matter of time before they'll stop doing it. It's normal to feel this way. Don't be too hard on yourself. Practice small and keep it simple.

Describe your meditation habits? Are you doing it consistently? Why or why not?

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Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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