



3 Reasons Why You Want To Meditate

NAME:

DATE:

This worksheet is a supplement training guide to “3 Reasons Why You Want To Meditate” video published on July 23, 2016.

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

We live in a busy world, and sometimes there’s nothing better than shutting it out. Enter meditation. For thousands of years, people have used meditation to move beyond the mind’s stress-inducing thoughts and emotional upsets into the clarity and peace of present moment awareness. Today’s Soulful Saturday video is about 3 reasons WHY YOU WANT to meditate. Let’s explore some of the reasons why people meditate. Maybe you can relate to some of these?

Reason #1 Discipline

What is the secret to maximizing your discipline, determination, willpower, resolve, drive, and self-control? Meditation. There really are a limitless number of reasons meditation improves self-discipline.

Reason #2 Focus

Do you meditate because you are distracted, confused, and feel that your mind is all over the place? That’s another big reason why people meditate. Meditation is an effective way to harness and train your awareness. With practice, you learn how to let go of all the distractions not only in meditation practice, but also in other areas of your life.

Reason #3: Trust

There is no doubt that meditation is a valuable tool that can help you boost your trust. This idea may initially sound a bit strange for some, but by taking the time to meditate, you are making an valuable investment in yourself. In turn, this act helps you to trust yourself more.

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

So how can you perform meditation properly? We've got you (and your mind!) covered.

1. 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.
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. 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.

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

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

www.tchpp.com and www.journeytopersonalgreatness.com