



5 Ways to Make Meditation a Habit

NAME:

DATE:

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 become absorbed in all the misfortune and problems you are experiencing? Do you develop a negative attitude and cynical outlook?

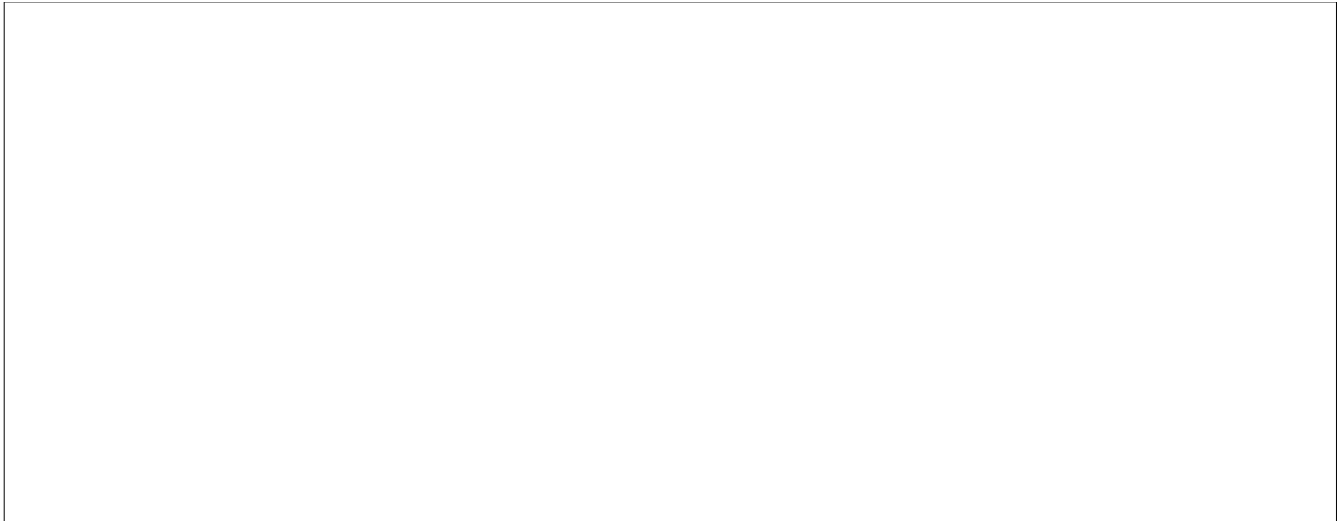
No matter how many good habits we build, no matter how much structure we create in our lives, there will always be things that we cannot control — and if we let them, these little things can be a huge source of stress, anger, and frustrations.

If you find yourself in the midst of conflict, turmoil, or any undesirable situation, and wish to move and rise above your problems, check out our [SOULFUL SATURDAY video](#) and follow our key points and actions steps.

Accept your situation, and don't become it- The sooner you accept your situation, the sooner you can act from where you are, which is the only way to change how you feel.

Watch your labels- How you talk and view yourself can make or break you. If you want success, watch out for your labels. Watch your words.

Are you aware just how much impact the words you use on a daily basis have on your mood and your life in general?



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.journeypersonalgreatness.com