



## Be Like Water

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This worksheet is a supplement training guide to “Be Like Water” video published on September 3, 2016.

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

Rough roads, winds of change, and frequent challenges blow through our lives daily, and unpredictable circumstances happen on the regular that are beyond our control. How do we handle it all? Today at Soulful Saturday, I’ll discuss the key to cultivating an inner calm and centeredness that we are able to transcend above any outer chaos.

*What beauty surrounds you that you often neglect, and not taking advantage from?*

Meditation is the key. It offers a host of benefits, from increased productivity, and improved memory. Another big reason why people meditate is to keep us calm through the rough patch. Like water, we can be still in the inside, even there's a lot of stress on the outside. Meditation is also 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.

*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**

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Integrated Peak Performance and Greatness Coach

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

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