

UNDERSTANDING MEDITATION

& how to get started TODAY!



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Meditation Worksheet

Now that you've learned more about meditation, it's time to put it into practice in your own life; this worksheet will walk you through how!

The first section is made up of questions designed to help you better understand your motivation for meditating, and to bring awareness to the potential barriers you might run into.

The second section is all about action and moving from learning to doing! This is where you will plan out and commit to your practice.

REFLECTION:

1. Why are you interested in learning to meditate?

2. Of the following common barriers that hold people back from starting and maintaining their meditation practice which do you believe apply to you?

- I don't know how to do it.
- I don't know where to start.
- I'm scared of what might come up if I actually sit in silence with myself.
- I don't have time.
- I don't know if I'm doing it right.
- It won't work for me, my mind is too busy.

3. Now that you know more about meditation, what can you tell yourself instead when these thoughts creep in, in the future?

4. If you could achieve a consistent meditation practice, how do you think it would improve your life?

ACTIONS:

- 1. Pick a time** - Typically mornings are best. If your mornings are too chaotic, try to find an alternative time during the day, but avoid leaving it too close to bedtime (you might just fall asleep). If you miss your planned session, don't get discouraged! Try to fit it in later or perhaps reschedule it for another day in which you hadn't planned to meditate.
- 2. Pick an app to use** – Insight timer, Calm, and Headspace are a few of the leading apps. Within those apps, look for beginner guided meditations (anything that's about 10 minutes long to start out with). All of the apps will have intro programs that run for about a week.
- 3. Set a realistic goal** – 5 days per week is optimal but if that doesn't feel manageable for you start with 3 – 4.
- 4. Do it** – Sit down, put everything to the side, and commit! Sometimes it's helpful to make a to do list before you meditate, to get your thoughts out of your head and on paper for later.
- 5. Journal** – Capture your experience on paper after you've completed your session to commit it to memory and to reflect on the experience. Notice anything you struggled with and consider how you might be able to adapt (such as time of day, place, length of time, etc.).
- 6. Plan for help** – If you need someone to cover your kids, work, dog, etc., so that you can meditate in peace, interruption free, make sure to ask ahead of time. You may also want to ask a friend to join you for accountability or have someone close to you encourage you to follow through.