THE MAGIC OF
MEDITATION

Official Worksheets

PRACTICE TRACKER

NOTES

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15

NOTES

16
17
18
19
20
21
22
23
24
25
26
27
28
29
30

You got this!

CREATE
A PRACTICE THAT
WORKS FOR YOU

What time of day would you ideally like to meditate? Why? Is that really the best time for you? Would another time work better? (The answer to this question can change over time.)

What obstacles get in your way of meditating? For example, maybe you experience difficulties waking up early or remembering to practice in the evening.

How can you realistically overcome those obstacles? How can you make it easier for yourself? For example, you could shower in the evening to save time in the morning or set a reminder for an evening practice. (If you're not sure, post in the group! Let's brainstorm together.)

Why do you want to meditate? Create a vision of how the practice will improve your life.
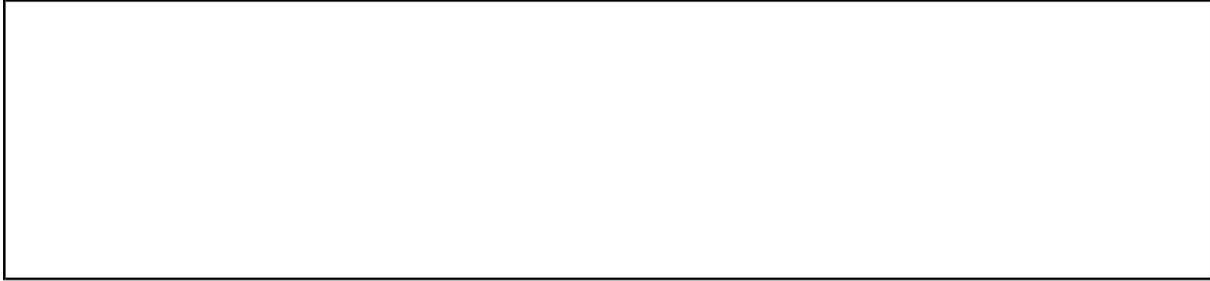
What unhelpful ideas or fears do you have about meditation or yourself as a meditator? That might include that the practice is boring or pointless, that it's too esoteric. You might worry what your family or friends would think or fear connecting with your true self.
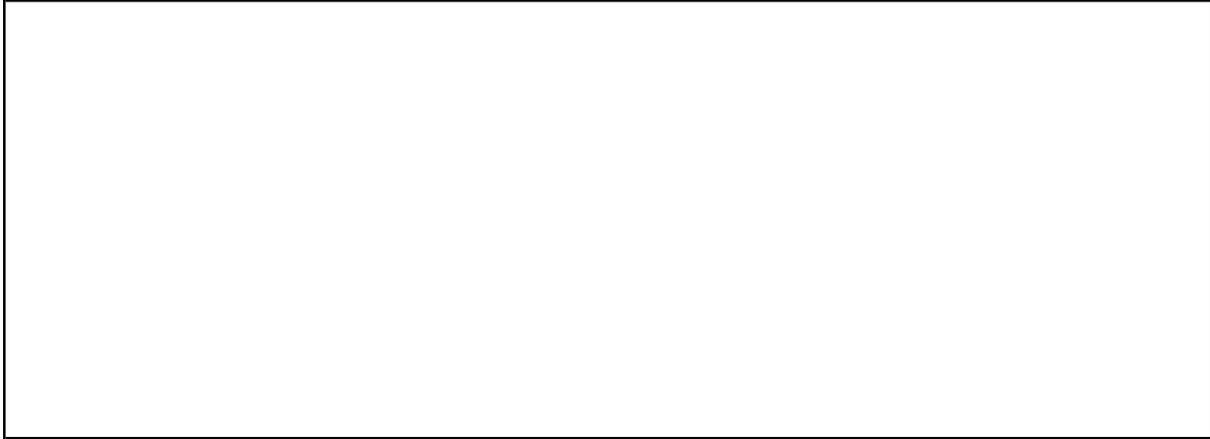
How can you reframe those ideas? What new beliefs, ideas or hopes would you like to adopt?
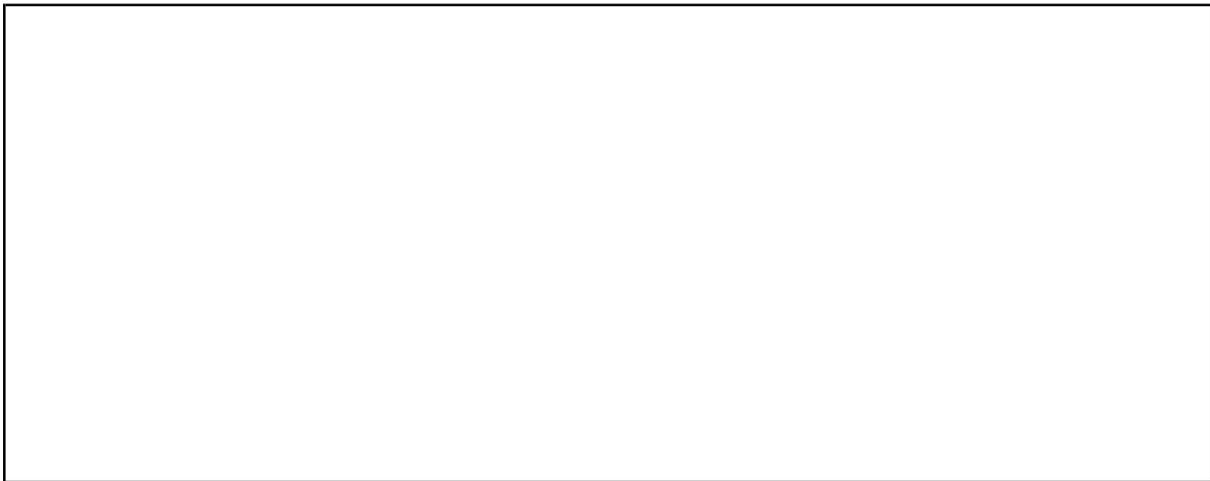
What types of resistance do you experience when sitting down to meditate? What are you afraid of? What thoughts run through your mind?

What will you tell yourself when you don't feel like practicing? Consider writing words of support or a few words to reference the future you envisioned above.

Write a plan of action below! Combine pieces of the answers above and create a positive statement of affirmation. Refer to it each day if desired!