



BUILD A DAILY PRACTICE

15 MINUTES OF MEDITATION PER DAY WILL CHANGE YOUR LIFE.

Meditation can have immediate benefits however the most powerful benefits come over time with a consistent daily practice. The following five steps are based on what modern science has taught us about the best practices of habit formation.

1. **COMMIT IN WRITING:** Why are you interested in meditating? What is it about your life you'd like to improve? Dig deep, be honest, and write it down.
2. **START SMALL:** Starting small allows you to build confidence right at the start. If 15 minutes seems overwhelming, start with 10; if 10 minutes seems overwhelming, start with 5.
3. **MAKE A PLAN:** Creating a habit is easier when it's done at the same time and place every day. Select the time and location of your practice. Linking your practice to an existing habit, such as waking up, brushing your teeth, or showering, will give you a greater likelihood of success.
4. **NOTICE THE DIFFERENCE:** Take notice of any subtle or significant changes in your life. Recognizing the benefits will help you to stay motivated.
5. **TRACK YOUR SUCCESS:** Record the date, time, and length of your practice. Take notes if you'd like. Tracking your progress will help you see your success and motivate you to keep going.

"Our habits shape our existence, and our future. If we change our habits, we change our lives." - Gretchen Rubin, Bestselling Author on Happiness & Habit Formation

For more information on meditation, please visit journeymeditation.com