

Start Meditating Worksheet

- What is the minimum amount of time I can dedicate to a daily meditation practice this month? _____
- When can I meditate at the same time everyday? _____
- What space will I use to sit? _____
- Would it be helpful to listen to an audio or video each time? _____
- What cue can you use to draw you to meditation (ex. alarm in schedule, setting out your cushion, sitting in bed before sleep...)

- Have I failed to stick to a meditation practice before? If so, why?

- What benefits do you want to experience from a daily meditation practice?

- For experienced mediators — does it feel like your practice is effective? Describe.

- What could make your existing practice more effective?