

## Developing a Personal Meditation Practice Worksheet

As you prepare to develop your personal meditation practice, understanding what is realistic and feasible within your daily routine could be helpful. Consider these questions to guide you in determining how to establish a consistent practice.

When is the best time of day for me to meditate? \_\_\_\_\_

Consider when you are most likely to take time for meditation. Being consistent and scheduling your practice just like an appointment may help you stay committed to your practice.

Do I prefer sitting meditation or a movement-based meditation?

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Do I prefer to be with others meditating, or do I prefer to meditate on my own?

\_\_\_\_\_

Do I prefer to have guidance from someone else for the meditation, or do I feel comfortable to lead my own practice?

\_\_\_\_\_

You may prefer to have the guidance of a teacher, in person or with recordings, to help you stay focused and to remove some of the challenges associated with beginning a new habit. Options for recorded meditations include CD's, apps, YouTube videos, and streaming meditations on websites.

### Setting Up Space for Practice

When creating a personal meditation practice, you may wish to use the following to help you feel motivated and comfortable.

- Identify a space for meditation - Perhaps choose a special room or outside location where you will not have distractions and where you can feel comfortable sitting or moving during your practice.
- Choosing where to sit - One option is to sit on the floor. Sit on a cushion to elevate the hips higher than the knees and cross your legs with one leg in front of the other. A meditation cushion or a stack of blankets can be used. Sitting in a chair is another option that may feel more comfortable. Be sure to choose a seat that permits your back to be straight; this will help you stay alert.
- Decorating your space - If you choose to designate a special area in your home for meditation, you may wish to have some props nearby to support your practice. Examples include a special shawl or blanket to place around you during

your practice, objects or pictures that evoke a feeling of calm or comfort, or a book from which you read a short passage to set the tone for your meditation.

## Meditation Resources

### Books to Help You Begin a Meditation Practice

- *Real Happiness: The Power of Meditation* by Sharon Salzberg (includes a CD with guided meditations)
- *Wherever You Go, There You Are* by Jon Kabat-Zinn (a great primer for Mindfulness meditation)
- *A Fearless Heart: How the Courage to Be Compassionate Can Change Our Lives* by Thupten Jinpa (a wonderful overview of the Compassion Cultivation Training [CCT] offered at Stanford and by certified teachers of CCT around the globe)

### Apps to Help You Begin a Meditation Practice

(All are available for iPhone and Android platforms):

- Buddhify
- Headspace
- The Mindfulness App

### Finding Meditation in Your Community

- Many options are available, but a good way to find meditation options in your community is to Google the search term *community meditation*. Enjoy your practice!

### Websites to Support Your Meditation Practice

- [Tara Brach's Guided Meditations website](http://www.tarabrach.com/guided-meditations) at [www.tarabrach.com/guided-meditations](http://www.tarabrach.com/guided-meditations) (Free guided meditations available for streaming or download)
- [UCLA's Mindfulness Awareness Research Center \(MARC\) website](http://marc.ucla.edu/mindful-meditations) at <http://marc.ucla.edu/mindful-meditations> (Free guided meditations available for streaming or download)
- [Instructions for Walking Meditation from the Insight Meditation Society website](http://www.insightmeditationcenter.org/books-articles/articles/instructions-for-walking-meditation/) at [www.insightmeditationcenter.org/books-articles/articles/instructions-for-walking-meditation/](http://www.insightmeditationcenter.org/books-articles/articles/instructions-for-walking-meditation/)