

## 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 as a guide as you determine how to establish a consistent practice.

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

- Consider when you are most likely to engage in meditation. It does not matter what time of day you choose but being consistent and scheduling your practice just like an appointment may make it easier for you to stay committed to your practice.

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

- Many people find it difficult to sit still and feel more comfortable when they can move during a meditation practice. There are several techniques for moving meditation.

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

- If you prefer to meditate with others, meditation groups are offered in most cities and can be found online.

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 through recordings, to help you stay focused and to remove some of the challenges associated with beginning a new practice. Options for recorded meditations include CDs, Apps, YouTube videos, and streaming meditations on websites.

## Meditation Resources

### Apps to Help You Begin a Meditation Practice

(Available for iPhone and Android platforms):

- Stop, Breathe & Think: Meditation & Mindfulness (Guided Breathing, Guided Meditations)
- Insight Timer (Guided Breathing; Guided Meditations)

### 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!

## 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 - This may be a special room or outside location where you will not have distractions and where you can feel comfortable sitting or moving during your practice.
- Choose where to sit - One option is to sit on the floor. Sit on a cushion to elevate the hips higher than the knees with legs crossed one in front of the other. A meditation cushion or stack of blankets is used to sit in this way. You may find that sitting in a chair is a more comfortable posture. Be sure to choose a seat that permits your back to be straight and not rigid; this helps you stay alert.
- Decorate 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 meditation, objects or pictures that invoke a feeling of calm or comfort, or a spiritual book from which you may wish to read a passage to set the tone for your practice.