



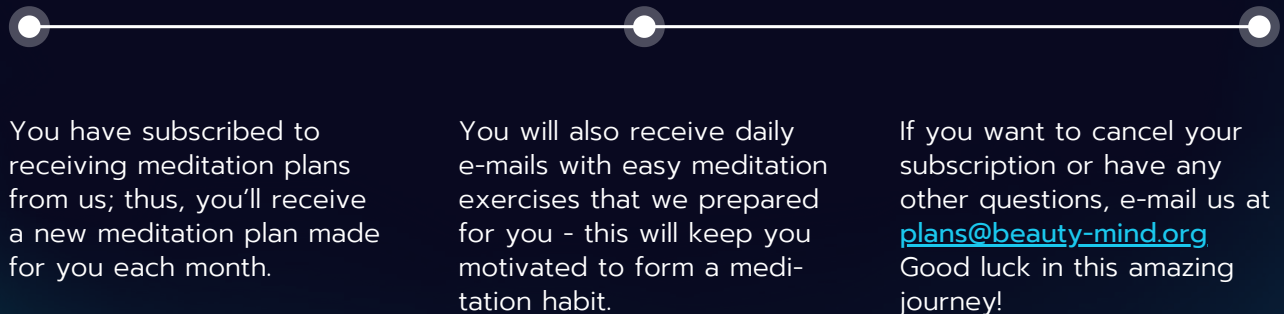
Meditation

Your 1st Month Plan

All you hear about is how beneficial meditation is for lowering stress, increasing sleep, and assisting you in achieving success? Want to attempt meditation on your own but don't know where to start or how frequently and for how long to meditate? Are you unsure what meditation is and what the most common meditation techniques for beginners are? If so - this plan is perfect for you.

During our first month - we'll go over the principles of meditation, as well as present a simple Meditation Plan with more detailed instructions and practical tips on how to get started with meditation.

Practical Tips on the Way:



Beginner's Guide to Meditation: 3 Techniques

Guided Meditation

Guided meditation may be done with an instructor, in a group setting, or utilizing any audio resource, such as an app or a YouTube video. The primary benefit of this method is that it typically guides you through the many stages of meditation, allowing you to focus entirely on the practice rather than worrying about what comes next, what I should do next, and so on.

Newcomers often choose for guided meditation since it is a simple method to begin. You may just relax and allow yourself to be led. It's like having a personal trainer instructing you what to do at the gym, therefore we recommend beginning with this meditation method in our meditation challenge plan.



How does guided meditation work?

01

Choose a YouTube video to practice or download a meditation app

02

Begin practicing and paying attention to the directions

03

Meditate for at least 10 minutes

Mindfulness Meditation

The practice of mindfulness meditation teaches you to pay attention to your ideas as they pass through your mind. The goal is to be aware of how your thoughts and feelings move rather than getting involved with them or judging them. Breath-based meditation is the most popular type of self-guided mindfulness meditation. You can create inner balance and become more conscious of the inclination to rapidly judge an event as good or unpleasant by practicing this sort of meditation over time. It enables you to perceive things for what they truly are.

Mindfulness meditation helps you to pay attention to your thoughts as they pass through your head. The goal is to just be aware of how your ideas and emotions flow, rather than becoming engaged with or judging them. Breathing-based meditation is the most well-known kind of self-guided mindfulness meditation.



How do I practice mindfulness meditation?

01

Please take a seat. It may be placed on the floor or in a chair with legs crossed.

02

Many individuals choose to do so by softening their sight or closing their eyes

03

Relax by taking several deep breaths. Focus on your breathing and what occurs to your body as a result of it - air flowing through your nose, chest and belly rising

04

Throughout the exercise, keep an eye on your breath; we recommend beginning with 10 minutes. Set a timer so you don't have to keep track of the clock

05

When your attention is drawn away from your breath, gently restore your focus to breathing - there's no need to stop thinking, remove it, or attempt to push it

06

Open your eyes after the time has gone. Consider how your body is feeling right now

Concentration Meditation

Anyone who needs more attention and concentration in their lives can benefit from the practice of concentration meditation. The brain becomes more concentrated and united, and you begin to notice more details about the item, as well as any potential distractions and bodily feelings. Finally, you build your capacity to function at a much greater level than normal while being calm, focused, and grounded.



How does concentration meditation work?

01

Light a candle or focus on any other item in a calm area

02

Set a timer for the amount of time you'd like to meditate. Starting with 10 minutes is an excellent idea

03

Sit on the floor or on a chair that is comfortable for you

04

Slowly, yet comfortably, relax your breathing

05

Do not let your attention wander away from the candle's flame.

06

If any ideas arise, push them out of your head and keep your attention on the flame.

Guidelines for the 1-Month Meditation Challenge

Now that you've learned about the most common meditation methods, here are some important things to keep in mind as you begin your meditation journey. Follow these 6 steps, and you'll be able to start developing a regular daily meditation habit with the assistance of the 1 Month Meditation Challenge Plan.



Make meditation a part of your daily routine

Showering, brushing teeth, and driving home from work are all firmly established routines that don't take much thinking or effort. Instrumental duties are what they're called. The effort required to begin a meditation session is substantially decreased when you connect it to one of these activities. When you link your meditation session to an instinctive action that doesn't involve willpower, you're increasing the chances that your new habit will stick.



Begin small

Short durations of meditation with little resistance are recommended. For example, you might begin with only 5 minutes. It should be simple to achieve and cause no resistance in your thoughts. It is much more essential to develop a meditation habit than to increase the amount of time spent in meditation. You may gradually increase the duration of your meditation practice after your first time commitment has become regular.



Try out some guided meditations

New meditators often have no idea what to do throughout their meditations. Guided meditations are a great way to get started with this. Breathing methods, relaxation, visualization, mantra, and mindfulness-based activities are all included in guided meditations. This takes the guesswork out of meditation and may assist you in letting go of your thoughts and surrendering to the experience.



Take part in a group meditation

Meditation is a personal practice. That isn't to say that group meditations aren't helpful. Meditating with others may help you stay committed to the practice and provide you access to a wealth of information. Even the most hesitant meditator may be inspired by a group's palpable energy. According to studies, meditating in groups may improve communal harmony.



Make a Meditation Schedule

It's much simpler to prioritize other hobbies and chores above meditation if it's not on your to-do list. It's sometimes enough to see the word "meditation" written on your schedule to motivate you to show up for your daily dose of calm. Schedules may fill up quickly in an achievement-oriented society, leaving little time for the activities and hobbies that really matter. You may ensure that nothing will get in the way of your commitment to yourself by scheduling meditation. If at all feasible, meditate at the same time each day. As that time approaches, your body and mind will begin to relax.



Create a Meditative Environment

Make a little area of your room dedicated to meditation. Place your meditation seat of choice in that corner, including bolsters, blankets, or any other items you may need for support. Then add items that inspire you to your area, such as pictures, soft lighting, candles, incense, a diffuser, holy literature, or anything else that speaks to your soul. This area should only be used for meditation. It will absorb the peaceful vibes. Simply visiting your holy place will eventually trigger the relaxation response.

By using the methods listed above, you will notice that your meditation practice progresses from "I know I should" to "I always do." Your level of health, serenity, and happiness will rise after you establish a regular meditation practice.

Your 1-Month Meditation Plan

Following this Meditation Plan is an excellent approach to get started with your meditation practice and, more importantly, to begin building a long-term meditation habit.

Start with 5 minutes of meditation and work your way up to 20 minutes, as shown in the timetable below:



Days 1–7: Begin by meditating for 5 minutes each day



Days 8–20: Every day, meditate for 10 minutes



Day 21–28: Spend 15 minutes meditating



Day 29–30: Try 20 minutes of meditation

DAY 1

Pay Attention to Your Breathing

It's time for your first meditation session! **START** with a 5-minute guided meditation session, focusing on your breath. Because breathing is the most direct connection we have to the present moment, concentrating on it will enable you to bring your mind and body closer together. There are plenty of 5-minute guided meditation sessions [Online](#) - scroll through a few and choose the one you like the most.

DAY 2 & 3

Minutes Of Meditation

Continue with 5 minutes of meditation of your choosing on days 2 and 3. You may just repeat the same meditation if you like it, or you might try something different each day.

DAY 4

Meditate and Think of Someone you Care About

ItDo your 5-minute meditation on the fourth day of the Meditation Challenge. Again, there are plenty of 5-minute guided meditation sessions [Online](#) - scroll through a few and choose the one you like the most.

After you finish, don't get up yet. Think about someone you care about, such as your spouse, family, close friend, or even your pet. Consider how glad you are to have that individual in your life by seeing him or her smiling. I'm sure you'll smile after you finish your meditation. Keep the good vibes going for the remainder of the day!

DAY 5 & 6

5 Minutes of Meditation

Do 5 minutes of meditation of your choosing on Days 5 and 6 of the Meditation Challenge.

Try to meditate at the same time every day, whether it's in the morning, at lunch, or in the evening.

Having a fixed time for meditation will make it simpler for you to create your own practice and form a good habit.

DAY 7

Meditate and Make a List of 3 Things for Which You Are Thankful

After you've completed your 5-minute meditation on Day 7 of the Meditation Challenge, sit down for a few minutes longer and write down three things you're thankful for on a piece of paper. It may be as basic as feeling the earth under your feet, having a roof over your head, and/or being able to view all the wonderful things that around you! Keeping a thankfulness notebook on a daily basis has been shown to boost self-esteem, decrease stress, and make you happy.

DAY 8

Meditation for 10 Minutes

Extend your meditation practice to 10 minutes to begin your second week of regular meditation.

If 10 minutes is too long for you, start with 5 minutes and gradually increase the duration as you feel ready. Because you are establishing a meditation habit at this stage, consistency is more essential than intensity. Meaning, it's more essential to meditate every day than it is to meditate for certain amount of time. Again, there are plenty of 10-minute guided meditation sessions [Online](#) - scroll through a few and choose the one you like the most.

DAY 9

Say 5 Positive Things about Yourself

You are AMAZING (and you should be aware of this!). Think of 5 good things about yourself and speak them out loud at the conclusion of today's meditation.

This will not only increase your self-esteem and affection for yourself, but it will also make you less stressed and healthier. Here's more on the advantages of positive self-talk.

DAY 10

Make a list of three things for which you are grateful

List three things that make you joyful and for which you are thankful, just like you did on Day 7 of the Meditation Challenge. To reinforce your emotions, say them out loud or write them down.

DAY 11

10 Minutes Of Meditation

You've been meditating for a while now, and it's Day 11 of the Meditation Challenge.

Determine the time that has worked best for you in the past for your meditation practice and try to adhere to it as much as possible to maintain moving ahead.

Now consider a signal or activity that will start your meditation. This will be the signal to your brain that it is time to meditate. Perhaps it's getting out of bed in the morning? Or how about cleaning your teeth? Maybe it's when you come home from work and open your door?

For example, if you meditate right after brushing your teeth, consider brushing your teeth as a signal to sit down and practice meditation. Identifying a trigger and the routine associated with it can assist you in developing a long-term meditation habit. Here's where you can learn more about the research underlying the habit loop concept.

DAY 12**List 3 Amazing Things That Happened Today**

Think about your day and make a list of three good things that occurred to you today before you go to bed. Have you have a successful day at work? Is this a decent meal? Or maybe you made someone smile?

Identifying positive things can assist you in shifting your attention away from negative thoughts and falling asleep with a grin on your face.

DAY 13**10 Minutes of Meditation**

It's almost half way. Don't give up too soon. Continue to meditate! Today, simply do your 10 minutes of guided meditation.

DAY 14**Create a mental image of a place you adore**

After today's 10-minute session, stay still, shut your eyes, and imagine a location you adore. A location where you may feel secure and content. Perhaps it's your childhood home, a favorite getaway location, or a restaurant/hotel where you like spending time with your loved ones.

Consider all of the features as if you were there right now: furniture, colors, noises, and texture (soft carpet or maybe even sand under your feet, in case of a beach). Do you already feel better?

DAY 15**Make a list of 3 things for which you are grateful**

To begin your third week of meditation practice, make a list of three things for which you are thankful.

You may make thankfulness journaling a regular practice following your meditation practice if you like.

DAY 16**Take a Few Deep Breaths Outside**

Take 3-5 deep long breaths today: inhale deeply through your nose, hold your breath for a few seconds, then slowly exhale through your mouth. If at all feasible, do it throughout the day as a break from your job.

Taking a few deep breaths can help you reconnect with yourself and become more aware of where you are right now. Be present in the moment.

Breathing exercises are also an excellent technique to de-stress in stressful circumstances.

DAY 17**10 Minutes Of Meditation**

There are just a few days left to complete this challenge! Continue to meditate and connect with your higher self.

DAY 18**Give yourself three compliments**

Consider all the positive aspects of yourself and give yourself three praises out loud. It's something you may do after your meditation practice, when you wake up, or even in the midst of the day before a crucial meeting.

Complimenting oneself is a great way to improve your self-esteem. If you're looking for some motivation, check out this list of praises you can give yourself.

DAY 19**Make a list of three incredible things that happened today.**

Before you go to sleep, write down three wonderful things that occurred to you today, just like you did on Day 12.

DAY 20**Make a list of 5 people you adore**

Your life is full with wonderful people: your parents, loved ones, close friends, and maybe even coworkers!

Make a list of 5 individuals you care about and think about each of them for at least a few seconds. Remember them whenever you're feeling sad, and be thankful for their presence in your life!

You may do this after your meditation practice or whenever you have a free moment.

DAY 21**Guided Meditation for 15 Minutes**

You've been meditating for 20 days - congratulations on making it this far! Even if you've missed a few days, you're still a hero! To honor your accomplishments, push yourself a little more today and increase your meditation time to 15 minutes. You can find 15-minute guided meditations [Online](#).

DAY 22**In your diary, write one paragraph.**

It might be a gratitude list, or a list of affirmations or goals, or it could be bullet points detailing everything you thought about, learnt, or realized during the day. The goal is to get anything down on paper, and consistency is crucial. Plus, you may meditate for as long as you like.

DAY 23 & 24**Continue your 15 minute Guided Meditation**

Do 15 minutes of meditation of your choosing on Days 23 and 24. Try to meditate at the same time every day, whether it's in the morning, at lunch, or in the evening. You've gone so far, but I know it gets hard anyway.

DAY 25**Take it easy in the morning.**

You can apply a meditative approach to anything - like brushing your teeth, but instead of hurrying, be very aware of every single stroke. Slow down, embrace your body, and truly feel your being when you wake up, much as you would while cleaning your face or taking a shower. Plus, you may meditate for as long as you like.

DAY 26**Inviting community into your life by opening out to a buddy.**

We aren't intended to go alone; community is essential to our well-being. If you're ready, tell a buddy what you're going through. Identify someone in your community you can be vulnerable with and share yourself with. Plus, meditate for 15 minutes today.

DAY 27**Meditate and Make a List of 3 Things for Which You Are Thankful**

After you've completed your 15-minute meditation on Day 27 of the Meditation Challenge, sit down for a few minutes longer and write down three things you're thankful for on a piece of paper. You did it before during our meditation challenge, remember? Once you do it again, reflect whether it was easier this time to come up with the list. Also, don't forget this exercise once you finish your meditation challenge.

DAY 28

Meditate & create a mental image of a place you adore.

After today's 115-minute session, stay still, shut your eyes, and imagine a location you adore. A location where you may feel secure and content. You also did it before, remember? Try to also reflect how the place changed from what it was last time.

DAY 29

You're almost in the end!

This time, we want you to try 20-minutes of guided meditation. You can choose the one you like [Online](#). Remember that you started with only 5 minutes? How far you went during this month! Great job! Now sit back, relax & meditate.

DAY 30

You're in Control

It's the last day of your meditation challenge. Take control & do what you liked the most during these days. You can meditate for 5 minutes or 20 – whatever you feel like today. You can also do any of the extra little exercises that you did during this month. Relax & enjoy!

Congratulations! You have meditated for 30 days!



Still Struggling?

If you're still not convinced that meditation will become a regular habit for you, we've saved the best for last. Here are 9 suggestions from our other student, who made this journey a bit before you.

01

Choose a time frame that is reasonable

I used to believe that meditation meant sitting in quiet for hours. But I found that if I set a brief, attainable objective, I was more likely to stay with it. I chose 20 minutes as my time limit. I barely did 10 minutes some days, but I never pushed myself to go more than 20.

02

Do it first thing in the morning.

This may not be true for everyone, but I have the greatest control over my time in the morning. It also put me in a good mood for the rest of the day. If the mornings aren't for you, I'd suggest picking a particular time each day that you have free—perhaps your lunch break. You may change it up now and again but having meditation as part of your everyday routine is really beneficial.

03

It can be done anytime and anywhere.

You don't get sweaty exercising your intellect as you do your body. So, you can do it in your regular clothing, wherever you are, and go about your day as usual.

04

Maintain your winning streak

This was the most important element in keeping my daily habit going. I didn't want to break my daily meditation streak once I made the commitment. I'd meditate, check my streak count, and feel a sense of accomplishment as I progressed. Your streak is your ally.

05

When you need to, take a step back

I couldn't always complete my 20-minute session. When I was traveling, ill, or just didn't have the energy, it occurred. I'd conduct a short session on such days. I'd meditate for about half the time I usually do, simply practicing the basics: taking deep breaths, tuning in to my senses and body, and following the rhythm of my breath.

06

Accept the fact that you will not be flawless

If your mind is half as critical of itself as mine, the first thing that comes to mind is, "I'm awful at this." "My mind isn't wired for meditation." But, in a way, that's the purpose. Meditation is a skill that can be learned. It's a kind of preparation. It's also OK to make mistakes while you're training.

07

Make it about the other people

It's tempting to think of meditation as a very self-centered practice. However, by looking after my own mental health, I've been more inclined to treat people properly.

Acceptance, patience, and empathy are characteristics that will help the people you care about if you develop them. So, if you're not inspired to meditate for yourself, keep in mind that it may benefit others around you.

08

It's important to remember that this isn't a magic trick

Meditation is a great tool, but it isn't a panacea. I still had worry, tension, and sorrow on occasion; I'd get caught up in a negative cycle and thought to myself, "This isn't fair!" Every day, I meditate!" The idea is that stress and worry are natural parts of life. Meditation isn't going to make them go away. But it provides me the skills to identify and deal with those emotions when they occur in a healthy, productive manner.

09

Take pleasure in the trip

Meditation isn't something you practice for a year, two years, or five years and then call it a day. It's something you practice and improve on for the rest of your life. So, rather of focusing on how you want to feel tomorrow, try to appreciate your meditation sessions for what they are right now: brief periods of peace and stillness when you may disconnect from the chaos of your daily life.



But, what's next? What happens after this month?

It's simple: if you like the way meditation makes you feel, keep doing it! This way you will build a little habit that will fit in your daily routine easily.

What if, after 30 days, you still don't enjoy meditation? Don't give up just yet; consider experimenting with various kinds of meditation, changing the time of day you meditate, or meditating in a group. We'll help you with that in your next month's challenge!

Good luck!

Beautiful Mind Team

