

21 DAY MEDITATION HABIT

MON BASIC BREATHING MEDITATION (2 MINUTES)	TUE BASIC BREATHING MEDITATION (3 MINUTES)	WED BODY SCAN MEDITATION (5 MINUTES)	THU FOCUS MEDITATION (4 MINUTES)	FRI MINDFUL EATING MEDITATION (5 MINUTES)	SAT WALKING MEDITATION (5 MINUTES)	SUN FLOATING ON A CLOUD MEDITATION (6 MINUTES)
MON BASIC BREATHING MEDITATION (4 MINUTES)	TUE MANTRA MEDITATION (5 MINUTES)	WED BODY SCAN MEDITATION (6 MINUTES)	THU FOCUS MEDITATION (5 MINUTES)	FRI BREATHING TO A COUNT OF 100 (5 MINUTES)	SAT MINDFUL EATING MEDITATION (6 MINUTES)	SUN WALKING MEDITATION (6 MINUTES)
MON BASIC BREATHING MEDITATION (5 MINUTES)	TUE MANTRA MEDITATION (6 MINUTES)	WED BODY SCAN MEDITATION (7 MINUTES)	THU FOCUS MEDITATION (6 MINUTES)	FRI FLOATING ON A CLOUD MEDITATION (8 MINUTES)	SAT BREATHING TO A COUNT OF 100 (8 MINUTES)	SUN GUIDED MEDITATION OF YOUR CHOICE (10 MINUTES)

THOUGHTS AND FEELINGS

FAVOURITE PRACTICE

NOTES





MEDITATION PLAN FOR BEGINNERS

This plan is structured to gradually increase both the time spent meditating and the depth of the practice, making it a perfect fit for beginners. You can choose to use the guided meditations or go it alone for the suggested time. No Excuses! Even if you are busy, you can find a few minutes each day to embed your practice. It's designed to be easily printable too, so you can tick off your progress as you go!

Week 1: Laying the Foundation

Day 1:

Practice: Basic Breathing Meditation

Prompt: Sit comfortably and focus on your breath. Inhale deeply through your nose, exhale slowly through your mouth. Feel the breath as it moves in and out. Just breathe.

Day 2:

Practice: Basic Breathing Meditation

Prompt: Continue with yesterday's practice. Notice how your mind might wander—gently bring it back to your breath.

Day 3:

Practice: Body Scan Meditation

Prompt: Start at your toes and slowly move your awareness up your body, noticing sensations. Relax each body part as you go.

Day 4:

Practice: Focus Meditation

Prompt: Choose a simple object (like a candle flame or a flower). Focus all your attention on it, noticing its details.

Day 5:

Practice: Mindful Eating Meditation

Prompt: Choose a small piece of food (like a raisin). Observe it, smell it, and slowly taste it, paying attention to every sensation.

Day 6:

Practice: Walking Meditation (5 minutes)

Prompt: Take a slow walk, paying attention to each step. Feel the ground beneath your feet, the air on your skin.

Day 7:

Practice: Floating on a Cloud Visualisation

Prompt: Imagine yourself lying on a soft, fluffy cloud. Feel it gently carrying you, bringing a sense of calm and relaxation.

Week 2: Building Consistency

Day 8:

Practice: Basic Breathing Meditation

Prompt: Notice how the breath moves in your body. Is it shallow? Deep? Just observe without judgement.

Day 9:

Practice: Mantra Meditation

Prompt: Choose a word or phrase (like “peace” or “I am calm”). Repeat it silently in your mind with each breath.

Day 10:

Practice: Body Scan Meditation

Prompt: Deepen your body scan practice, spending a little more time noticing sensations and releasing tension.

Day 11:

Practice: Focus Meditation

Prompt: Return to your object of focus from Day 4. See if you can observe it without letting your mind wander.

Day 12:

Practice: Breathing to a Count of 100 (5 minutes)

Prompt: Count each breath in and out up to 100. If you lose count, start again. It’s not about perfection, just practice.

Day 13:

Practice: Mindful Eating Meditation

Prompt: Repeat Day 5’s practice, perhaps with a different food item. Notice how your senses engage with each bite.

Day 14:

Practice: Walking Meditation (6 minutes)

Prompt: This time, try walking in a natural setting, paying attention to the sights, sounds, and smells around you.





Week 3: Deepening the Habit

Day 15:

Practice: Basic Breathing Meditation

Prompt: Focus on extending your exhales, letting each breath out be longer and slower than your inhales.

Day 16:

Practice: Mantra Meditation

Prompt: Deepen your mantra practice. Feel the vibrations of the words you choose as they echo in your mind.

Day 17:

Practice: Body Scan Meditation

Prompt: Notice areas where tension might still linger. Imagine each breath melting that tension away.

Day 18:

Practice: Focus Meditation

Prompt: Can you focus for the full time without distraction? If thoughts arise, simply acknowledge them and return to your object.

Day 19:

Practice: Floating on a Cloud Visualisation

Prompt: Imagine your cloud taking you on a journey through a peaceful landscape, feeling utterly relaxed and safe.

Day 20:

Practice: Breathing to a Count of 100 (8 minutes)

Prompt: Notice the rhythm of your breath as you count. Let the counting be a steady anchor for your mind.

Day 21:

Practice: Guided Meditation of Your Choice (10 minutes)

Prompt: Choose your favourite technique from the past three weeks. Reflect on how far you've come and how you feel now compared to when you started.

By following this plan, you'll gently build a meditation habit that feels natural and sustainable. Whether you're breathing deeply, walking mindfully, or visualising peace, you're nurturing your mind, body, and soul every day. Namaste.