Daily Meditation

Benefits of meditation include decreased stress, higher brain function, more effective decision making and increased attention span. Use these steps to start benefiting from regular meditation today.



AIM FOR 5 MINUTES EACH DAY

If that's too much, start with 1 and work your way up.



RETURN TO YOUR BREATH

As your thoughts pass, bring your attention back to the present by focusing on your inhales and exhales.

NOTICE YOUR THOUGHTS

It's natural to have your mind race during a meditation. Don't fight or judge your thoughts, simply notice what pops up.

Meditate daily and mark off each day. See how long of a streak you can get going and notice the change in your energy daily.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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"Your calm mind is the ultimate weapon against your challenges." - Bryant McGill