Meditation Practice Plan

**Formal Practice.** Using your full attention on a specific technique for a set amount of time (>10 mins).

*Meditation in stillness*

I will meditate for _________________ minutes

at _________________ o’Clock

on these days: ______________________________________________________

*Meditation in motion*

I will meditate for _________________ minutes during

  ___ formal walking
  ___ yoga
  ___ exercise
  ___ other: ______________________________________________________

**Life Practice.** Intentional application of specific techniques in daily situations for less than 10 minutes.

*Micro-hits:* I will do Micro-hits at these times or situations:

**Background Practice:** I will try to meditate in the background at these times or situations:

**Spontaneity Practice:** I will use these tasks for spontaneity practice (“falling into” the task):