

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):