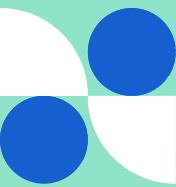


28 DAY MEDITATION CHECKLIST

Chapter 1: Connecting to Our Breath

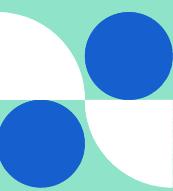
- Connect to Your breath, Present in Your Body
- Box Breathing: 1 2 3 4 x 4
- Equanimity/Balance, 5 &5
- Nervous System Reset 1 2 3/1 2 3 4 5 6
- 4-7-8 & Whoosh
- Alternate Nostril
- Humming Bee: Tragus Cartilage on Ear
- Body Scan
- Progressive Muscle Relaxation



28 DAY MEDITATION CHECKLIST

Chapter 2: Visualizing & Release

- Releasing Thoughts: Cloud, Leaf, Rock
- Inhale Peace & Calm, Exhale Tension & Anxiety
- Wrap Your Challenges in a Blanket of Love
- Sending Love to the World
- Sending Love to the Animals, Earth, Trees
- Sending Love, Gratitude: 3 people you love
- Sending Love, Gratitude: Yourself
- Sending Love to all resistance that comes up
- Superman/woman pose, deep breaths



28 DAY MEDITATION CHECKLIST

Chapter 3: Visualizing Triplets

- 3 things you're grateful for,
- 3 things that bring you joy, excitement, love
- 3 ways to help the world
- 3 places you'd like to go
- 3 things you'd love to accomplish
- 3 things you have fun doing
- 3 foods you savour
- 3 activities you'd do all day long
- 3 things you love or admire about your fav. person

Bonus:

- 3 things you love or admire about yourself