

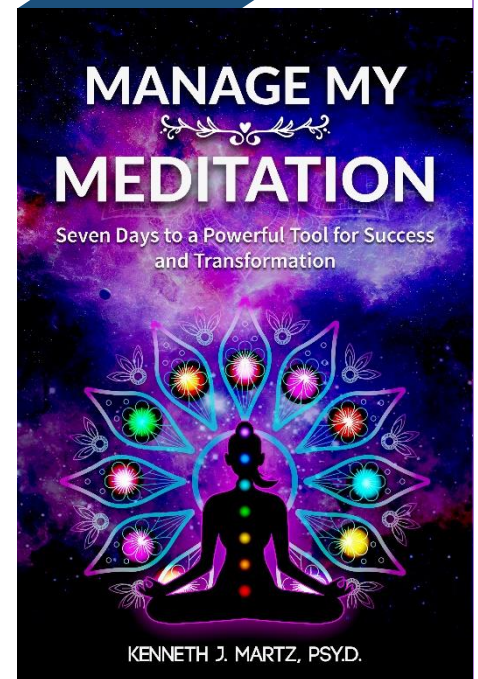
MANAGE MY MEDITATION PROGRESSION CHECKLIST

Use this checklist to help track your progress.

STAGE 1: LEARNER

Developmental Task: Learn How to Meditate

- ☐ Purchase Manage My Meditation
- ☐ Basic Knowledge Base
 - ☐ Recognize basic history of meditation
 - ☐ Identify my personal motivation
 - ☐ Understand posture in meditation
 - ☐ Learn the three mental aspects of meditation
 - ☐ Understand mental process of guiding the mind
- ☐ Decisions Completed
 - ☐ How long will I meditate (2, 5, 10 minutes?)
 - ☐ How many times per day will I meditate (0,1,2)
 - ☐ What is my chosen point of focus (breath, word, phrase)
 - ☐ Decided on a schedule of when to meditate in my daily schedule
- ☐ Initial Practice Completed
 - ☐ Breath Awareness Exercise
 - ☐ Progressive Muscle Relaxation Exercise
 - ☐ Brief Guided Meditation Exercise
 - ☐ Guided Meditation Exercise
 - ☐ Meditation Exercise
 - ☐ Completed Three days of practice in a row
 - ☐ Completed Seven days of practice in a row
- ☐ Preparations for Continued Support Completed
 - ☐ Signed up for mailing list with Dr. Martz
 - ☐ Downloaded Done-For-You meditation tracks for continued use
 - ☐ Told 2 friends about my meditation journey and asked for support
 - ☐ Joined meditation discussions at Dr. Ken's Meditation Facebook group
 - ☐ Shared accomplishments with Facebook group



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STAGE 2: PRACTICING

Developmental Task: Establish regular practice and develop ease

- ☐ Complete two weeks of meditation in a row
- ☐ Complete three weeks of meditation in a row
- ☐ Complete one month of meditation in a row
- ☐ Establish structure to maintain regular practice
- ☐ Experience familiarity with meditation
- ☐ Able to recognize life changes from meditation practice

STAGE 3: APPLICATIONS

Developmental Task: Prevent boredom of consistency by learning applications in myself

- ☐ Identify if each of my five core emotions in balance. Not too much, not too little.
- ☐ Identify if there a pattern of certain emotions being in excess while others are weak.
- ☐ Out of the range of tools, identify which one(s) to use as a starting point.
- ☐ Consider starting with tools in my areas of weakness.
- ☐ Practice tools.
- ☐ Expand my use of different tools to find the best one(s) for me.
- ☐ As I move toward balance, review again to determine what new actions may be needed.

STAGE 4: AND BEYOND...

Developmental Task: Understand how my personal meditation connects to the world

- ☐ Notice how emotions within me connect to the outside world.
- ☐ Notice how my dance with the outside world keeps me “stuck” in my emotional pattern.
- ☐ Expand my motivation and communication skills.
- ☐ Examine my relationship with my beloved, family, and friends to determine reciprocity and balance of emotional practice.
- ☐ Consider my relationship with my employer, school, or vocational practice to find opportunities for a wide range of personal success.
- ☐ Knowing that healing practices have several themes around the world, consider how my emotional balance affects not only my mood but also my mind, body, and spirit.
- ☐ Practice. Practice. Practice.

