

A desk with a vase of white flowers, a notebook, a pencil, a stapler, and a small elephant figurine.

# WORKBOOK

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## *How to Meditate*

Change your life in 5 minutes a day with these quick and practical tips

KIMBERLY-MICHELE.COM



# 01 *Why Meditation Matters*

Why meditate? It's no secret that meditation is beneficial. Science has shown time and time again how it can reduce stress and anxiety, symptoms of depression, aide in better sleep and even make your brain "younger". Over 30 million Americans, including NFL players, actors, medical professionals, and military personnel have tried or continually practice meditation. If that many people have given it a go, there has to be something to it, right?

Did you know we spend around 42 hours a year in traffic, 5 hours a day on the phone, 2 hours on social media, and a whole 80 minutes a day simply eating? I'll wager money there are 5 minutes in all that you can invest in doing something to bring you satisfaction of time well spent for your own self-care and health instead of sitting in guilt and feeling like you've wasted your time getting nowhere.

This guide breaks down four areas for you to focus your attention on straight away, This way you don't get bogged down with the things that won't get you closer to the peace of mind, self-awareness, and increased mental clarity that you desperately need. Let's dive right in and see how you too can begin your meditation journey and create a more focused and authentic version of your lovely self!

# Benefits of Meditation

**I know you've heard it before, but here's another way to look at why you can't ignore how impactful meditation can be to your overall healthy lifestyle.**





## *Step one - How do I start?*

You've already done a tremendous thing by downloading this guide! First, allow yourself permission to be compassionate about your efforts. Next, make the commitment to yourself to try it for a week. Lastly, do not be hard on yourself for your thoughts because this is about living freely and creating space for what life has for you.



## *Step two - I don't have the time*

Your steps toward better mental and emotional health begins with as few as **5 minutes a day**. You can begin to see results in the way you respond to, navigate through, and experience life is a few as one to two sessions of a few minutes a day.



## *Step three - When does it start working?*

Meditation is a practice. The more you do it, the more results you see from it. Immediately you may notice you are calmer and better able to see problems more clearly. You can also see better emotional regulation or improvements to your memory.



## *Step four - No equipment needed*

Would you believe that you only need a space that you feel comfortable in to start meditating? You don't need fancy bowls, pillows, or crystals. Where you feel at rest is where you create your personal space for your practice.



## Step one - How do I start?

You've already done a tremendous thing by downloading this guide! First, allow yourself permission to be compassionate about your efforts. Next, make the commitment to yourself to try it for a week. Lastly, do not be hard on yourself for your thoughts because this is about living freely and creating space for what life has for you.

Pick a place you want to meditate. Use this same place for all meditations for right now. Where can you sit without being interrupted? How can you create a space right where you are (moving the laundry to the side, closing the door, sitting in your car...etc)

What are the areas of your life that you want to see shift in a positive way from your meditation sessions? What do you want to experience more of? What do you want to see less of in your life? Why are you showing up?

Begin where you are and do not try to force your experience. Check off each day that you sit for 5 mins. There is an excellent guided meditation on our website to try.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Step two - *I don't have the time*

Your steps toward better mental, physical, and emotional health starts with as few as **5 minutes a day**. You can begin to see results in the way you respond to, navigate through, and experience life in as few as one to two sessions of a few minutes a day.

Morning

Afternoon

Evening

Create a snapshot of your daily schedule and see where you are able to include 5 minutes of meditation.

Are you willing to wake up 10 minutes early?

What if you let go of something in your afternoon?

You are looking for things to eliminate to create space for your practice and more quiet time for YOU.



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Day 1

Before

After

Day 2

Before

After

Day 3

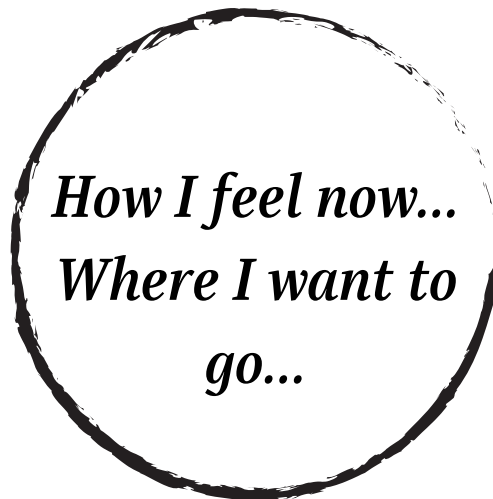
Before

After

Day 4

Before

After



Day 5

Before

After

Before you sit, take note of how you're feeling (stressed, worried, anxious, sad...). Compare that to how you feel after your meditation. Is there a difference? If not, that's ok and you didn't do it wrong. Visualize yourself feeling and being in the state you desire and use that image as inspiration during your next meditation.



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SOMEWHERE  
TO SIT

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A TIMER

If you thought you needed to rush out and spend \$\$\$ on specialized cushions, bowls, or mats, I have news for you...You don't! The only things you need are right in this box.\*\*

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\_\_\_\_\_

\_\_\_\_\_

Once you choose the things you will use, list them here and check them off. Remember, location, timer and one "extra" thing if so desired.

\*\*Other items you may consider using are affirmations, mantras, scented candles, or a journal



# Reflection Page

In this section, list the ways that you plan to regularly include meditation into your life. Put all the thoughts and possibilities you can think of. What time of day? Where will you practice? Do you want to add a journal to your time? How has this week helped you in finding more peace in your daily life?

A large, empty rectangular box with a thick, dark, hand-drawn border, intended for writing reflections. The box is centered on the page and occupies most of the lower half of the page.

# Hi there! I'm Kimberly Michele

I know what it's like to want to feel less like life is happening *around* you, and more like you're *living* in the moment. This is why I love meditation and mindfulness practices. We all have stressors and things we wish we could eliminate. Life can be challenging, but when you shift your mindset, you begin to see how things happen FOR you and not TO you.

LET'S KEEP IN TOUCH

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SPEAKER / MOTIVATOR