

The 21-day One-Minute Meditation Challenge

The one-minute meditation offers many benefits such as having a grounding effect you when you're feeling overwhelmed, bringing a sense of calm during a stressful situation, and increasing self-awareness. It is also a great place to start if you don't think you have the time to meditate!

How to Meditate:

- Choose a space where you know you won't be disturbed.
- Sit comfortably on a firm surface with your back straight and feet placed solidly on the floor. Place your hands in a relaxed position such as on your thighs. Your posture should be balanced and aligned, but not rigid.
- Close your eyes and focus your attention on your breath, following the natural rhythm of your breath.
- Now imagine your breath flowing in and out of your heart area. Continue to focus on your heart-centered breathing until it is steady and slow, taking about 5 seconds for each inhale and exhale. Enjoy what that *feels* like.
- As thoughts and distractions arise, observe them without judgment and let them float away like clouds, bring your awareness back to your heart-breathing.

Tips:

- Use a journal to write down how you felt before and after meditation.
- Try smiling during meditation to help foster a feeling of inner peace.
- When you feel ready, lengthen your meditation incrementally over time.
- Play soft background music to help you relax and set the mood for your meditation.
- Try to use this meditation on the go or after experiencing a stressful situation.
- Feeling restless during meditation is normal and a great reason to continue!

Once you've experienced a sense of inner peace through meditation, try to connect with this feeling throughout the day, even for a moment of two. You can do this by closing your eyes for a moment and focus on breathing from your heart area. This can be especially grounding when you're feeling stressed or anxious.

As you continue to meditate over time, you may develop an awareness of the stillness that is always present within yourself—even during times of activity. Learning to tap into this stillness can create a profound sense of inner peace that you can carry with you throughout the day.

Take the 21-Day Meditation Challenge!

For the next 21 days, meditate for at least a minute once a day. Use the segments provided to mark how you felt right before and after meditation. You may also want to challenge yourself by extending the length or frequency of your practice. At the end, sum up your experience. Enjoy!

S M T W Th F S

Day 1

Before Meditation:

After Meditation:

S M T W Th F S

Day 2

Before Meditation:

After Meditation:

S M T W Th F S

Day 3

Before Meditation:

After Meditation:

S M T W Th F S

Day 4

Before Meditation:

After Meditation:

S M T W Th F S

Day 5

Before Meditation:

After Meditation:

S M T W Th F S

Day 6

Before Meditation:

After Meditation:

S M T W Th F S

Day 7

Before Meditation:

After Meditation:

S M T W Th F S

Day 8

Before Meditation:

After Meditation:

S M T W Th F S

Day 9

Before Meditation:

After Meditation:

S M T W Th F S

Day 10

Before Meditation:

After Meditation:

S M T W Th F S

Day 11

Before Meditation:

After Meditation:

S M T W Th F S

Day 12

Before Meditation:

After Meditation:

S M T W Th F S

Day 13

Before Meditation:

After Meditation:

S M T W Th F S

Day 14

Before Meditation:

After Meditation:

S M T W Th F S

Day 15

Before Meditation:

After Meditation:

S M T W Th F S

Day 16

Before Meditation:

After Meditation:

S M T W Th F S

Day 17

Before Meditation:

After Meditation:

S M T W Th F S

Day 18

Before Meditation:

After Meditation:

S M T W Th F S

Day 19

Before Meditation:

After Meditation:

S M T W Th F S

Day 20

Before Meditation:

After Meditation:

S M T W Th F S

Day 21

Before Meditation:

After Meditation:

S M T W Th F S

Day 22 (Bonus Day!)

Before Meditation:

After Meditation:

Congratulations on Completing Your Challenge!

We would love to hear from you!
Share your results of the 21-day Challenge by leaving your
comments at the bottom the One-Mintue Meditation Blog at
inner-guide.com/one-minute-meditation-challenge/

