

Invitation to build a
meditation routine ...



... with the aim of personal development

- perceive and overcome destructive unconscious thought patterns
- dissolution of limiting beliefs
- growing understanding for oneself and others
- act consciously instead of reacting unconsciously

♥ Take responsibility for your satisfaction in all life areas: YOUrself, health, family, friends, career, finances, spare time ... Meditate, reflect and grow.

Motivation

Often we limit ourselves by **blaming** other **people** or external **circumstances for our situation**. This makes dependent and passive. Meditating helps to perceive blaming, which we are **typically not aware of**. No matter what situation, **it is always us who is responsible!** This gives us back the **power over every situation**. Now we can **become active** and **do what is necessary** to make the best out of our lives. In the knowing it is finite.



The core of meditation:

Exercising the mind sharpens the perception in general



- ➔ Meditating automatically increases conscious awareness in **everyday life** for
- being mindful
 - the level of perception you are at
 - necessary boundaries
 - unconscious thought patterns
 - limiting beliefs

6 meditation exercises to practice while being still

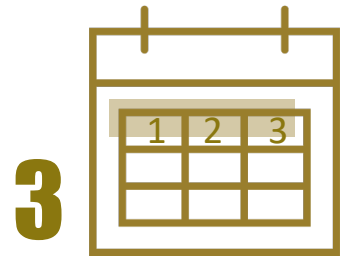


- ✓ Focus on gratitude
- ✓ Concentrate on your breath to anchor in the now
- ✓ Notice resistance
- ✓ Fully accept what IS
- ✓ Surrender to the ISness
- ✓ Notice drift into thoughts
- ✓ Recognize judging
- ✓ Return to your breath
- ✓ Be compassionate with your thoughts, emotions and everything around
- ✓ Expand over the body's boundaries into limitlessness

Start right now to meditate: Sit upright. With ease. Feel your body from the inside. Focus on your breath. Breathe into your whole body. Meet yourself in silence. Take notice of thoughts drift away. Return to the breath. Stay present with any uncomfortable feeling. Watch with curiosity what happens.



How elaborate is a meditation routine?



**3
Weeks**

After 21 days a new habit anchors in.
Give it a try.



**5-15
minutes**

Plan 5 to 15 minutes a day. Choose less
at the beginning to be sure the practice
fits into your daily routine.

Success factors for establishing a new habit



A new habit only can be implemented if there is a WHY that touches your heart. The more intense the connected emotion the higher the chance for lasting change. Exercise see next page.



Chose an existing routine as anchor. E.g. meditate while your coffee is brewed. Stick to a fixed time to make use of an automated habit. But shift it, if it does not work.



Your WHY

To change an existing habit or to add a new habit, become conscious of your WHY.

Write down answers on following questions. And FEEL the emotions entangled with each answer.

I like to

<name your desired new habit or what you like to stop doing>

Name three actions you can do, to realize your intent:

What „pain“ is connected with each action?

What „win“ do you get if you continue as usual?

What „pain“ will you experience if you don't get into action?

What „win“ will you get if you realize your intent?

Meditate, reflect & grow

Meditation diary

Date & Time | Minutes in silence | My experience in some words

Enter stillness. If the mood is messy, donate even more compassion and curious awareness.

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| 21 | _____ |

Congratulations, you made it to day 21. Keep going ♥



Inspire and strengthen your staff:
perception training with meditation. In person or via Zoom. Understanding perception helps to better deal with all the different perspectives at work. Knowing about the benefits of meditating provides an effective **tool to self-reflect, behave mature and grow personally.**

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I am looking forward to hearing from you.

