

# Meditation Basics Worksheet

stay focused and calm



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## Meditation: Practical Guide

Meditation is a simple yet powerful practice that can help you cultivate inner peace, focus, and emotional clarity. By setting an intention and staying committed to it, you create a powerful shift within yourself, reinforcing both the practice and its benefits. Regular meditation can reduce stress, improve concentration, and foster a deeper connection with your inner self. Remember, even short sessions can have a lasting impact as you retrain your mind to stay present.

### Find a Quiet Space:

Choose a peaceful spot where you won't be interrupted. This will allow you to enter the practice without distractions.

### Set an Intention:

Before you begin, focus on what you hope to achieve during your meditation. Examples: clarity, calm, release from stress, or feeling grounded. Setting an intention helps direct your energy throughout the session.

### Get Comfortable:

Sit in a comfortable position, keeping your back straight. Rest your hands gently in your lap. Take a moment to **release all tension in your body**, allowing yourself to fully relax into the practice.

### Focus on Your Breath:

Close your eyes and take slow, deep breaths. Inhale deeply through your nose, hold for a moment, then exhale fully through your mouth. **Focusing on your breath helps you stay present** and grounds your attention in the moment.

### Observe Your Thoughts:

As thoughts come to mind, simply observe them. **Don't question why that thought popped up**—instead, gently acknowledge it and return to your breath. Your goal is to let thoughts come and go without attachment.

### Stay Present:

If your mind wanders, gently guide your focus back to your breath or intention. **Everyone loses some attention during meditation, and it's totally normal.** The goal is to be able to bring yourself back to the present moment as soon as you notice.

### Start Small:

Begin with short sessions—just 5-10 minutes. You don't have to meditate for three hours to get the benefits. Consistency and quality matter more than long, drawn-out sessions.

### Practice Consistency:

You don't need to do one long 20-minute meditation. **Several 5-10 minute sessions throughout the day can be just as effective.** The key is to find what works best for your schedule.