

Meditation for Beginners - 5 Minute Starter Guide

5-Minute Meditation Starter Guide

Why Meditation in Just 5 Minutes?

Meditation doesn't need to be long or complicated. Just five minutes a day can help reduce stress, improve focus, and reset your nervous system.

What You Need

- A quiet spot (your bed, couch, chair)
- 5 minutes (use a timer if needed)
- Optional: this printed guide

Your 5-Minute Routine (Step-by-Step)

1. Sit comfortably with your back upright but relaxed.
2. Close your eyes or lower your gaze.
3. Breathe naturally. Focus on your breath.
4. When your mind wanders, gently say 'thinking' and return to your breath.
5. Continue this for 5 minutes.
6. Gently open your eyes when done.

Tips for Beginners

- Thoughts are normal - noticing them is part of the process.
- You don't have to feel calm. Just show up.
- Use this guide daily for 7 days to build the habit.
- Be kind to yourself - there's no wrong way.

Meditation for Beginners - 5 Minute Starter Guide

7-Day Meditation Tracker

Day 1: Did I meditate? How did I feel after? _____

Day 2: Did I meditate? How did I feel after? _____

Day 3: Did I meditate? How did I feel after? _____

Day 4: Did I meditate? How did I feel after? _____

Day 5: Did I meditate? How did I feel after? _____

Day 6: Did I meditate? How did I feel after? _____

Day 7: Did I meditate? How did I feel after? _____