

Morning & Evening Meditation Guide

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Module 3: Meditation & Breathwork

MORNING PRACTICE (5-10 minutes)

1. Sit comfortably â€” spine tall, shoulders relaxed
2. Close your eyes. Take 3 deep belly breaths.
3. Set an intention: Who do I want to be today?
4. 4-4-4-4 Box Breathing: Inhale 4 / Hold 4 / Exhale 4 / Hold 4
5. Open your eyes. Begin.

EVENING PRACTICE (10 minutes)

1. Dim lights. Phone away.
2. Body scan: release tension from crown to toes
3. Gratitude: Name 3 things that went well today
4. 4-7-8 Breathing: Inhale 4 / Hold 7 / Exhale 8 (x4)
5. Release the day. Tomorrow is a fresh start.

HABIT TRACKER

Week 1: Mon[] Tue[] Wed[] Thu[] Fri[] Sat[] Sun[]

Week 2: Mon[] Tue[] Wed[] Thu[] Fri[] Sat[] Sun[]

Week 3: Mon[] Tue[] Wed[] Thu[] Fri[] Sat[] Sun[]

Week 4: Mon[] Tue[] Wed[] Thu[] Fri[] Sat[] Sun[]

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