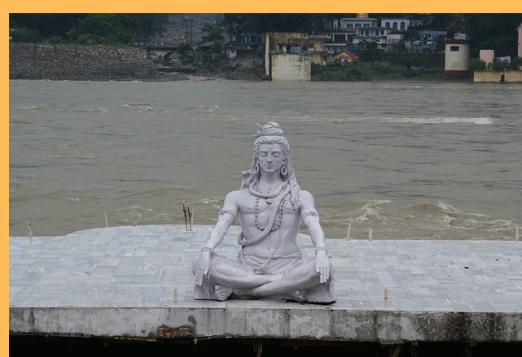


Your Meditation Checklist



WHAT REMINDS YOU TO
GET TO YOUR
MEDITATION SEAT?

CHECK YOUR POSTURE



TAKE A FEW
MOMENTS TO
SETTLE



BE CLEAR ABOUT YOUR
METHOD AND STAY WITH
IT FOR THE WHOLE
SESSION



JUST LET YOUR
THOUGHTS COME
AND GO WITHOUT
FOLLOWING AFTER
THEM



DONT PANIC IF YOU
FEEL BORED - JUST
NOTICE IT





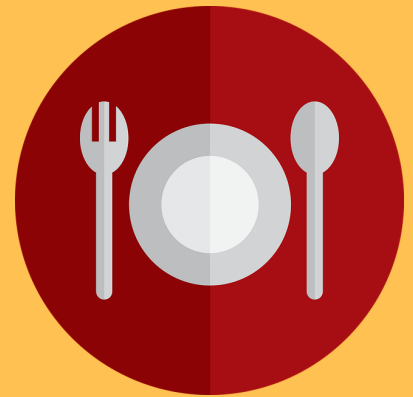
IF SOMETHING DISTURBS
YOU - NO PROBLEM -
JUST NOTICE AND COME
BACK TO YOUR METHOD

TAKE TIME TO END
YOUR SESSION WELL



COME BACK TO
YOUR MEDITATION
THROUGHOUT THE
DAY

BE MINDFUL OF THE
FIRST MOUTHFUL OF A
MEAL



THE FIRST SIP OF A
DRINK



WHILE YOU ARE WAITING
ON YOUR TRAIN, OR BUS
HOME



Awareness in Action