# Discovering Meditation

Meditation is a practice where an individual uses techniques such as mindfulness, focusing the mind on a particular object, thought, or activity, to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. This worksheet will help you understand what meditation is and guide you through discovering what meditation process works best for you.

**Section 1: Understanding Meditation**

1. What is Meditation?

Meditation is a practice where you use techniques such as mindfulness, or focusing the mind on a particular object, thought, or activity, to train attention and awareness.

Meditation can help reduce stress, increase calmness and clarity, and promote happiness.

2. Benefits of Meditation

List at least three benefits of meditation:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Section 2: Different Types of Meditation**

Meditation can be practiced in various ways. Here are a few common types:

1. Mindfulness Meditation: Focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

2. Focused Meditation: Focus on a single point, such as your breath, a word, or a candle flame.

3. Movement Meditation: This includes practices such as yoga or walking, where movement guides your meditation.

4. Mantra Meditation: Use a repetitive sound, word, or phrase to focus your mind.

5. Transcendental Meditation: A technique for avoiding distracting thoughts and promoting a state of relaxed awareness.

**Section 3: Discovering What Works for You**

1. Personal Reflection

Reflect on the following questions:

1. Have you ever tried meditation before? If yes, what was your experience?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. What are you hoping to achieve through meditation (e.g., stress relief, increased focus, emotional balance)?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Trying Different Techniques

Over the next week, try at least three different types of meditation. Use the table below to record your experiences.

*Type of Meditation, Date Tried, Duration, Experience (e.g., feelings, thoughts, etc.)*

Mindfulness Meditation

Focused Meditation

Movement Meditation

Mantra Meditation

Transcendental Meditation

**Section 4: Analyzing Your Experience**

1. Reflection

After trying different meditation techniques, answer the following questions:

1. Which type of meditation did you enjoy the most? Why?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Did any type of meditation help you achieve your goals? How?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What challenges did you encounter during your meditation practice?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. How do you plan to incorporate meditation into your daily routine?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Section 5: Developing a Meditation Plan**

Based on your reflections, create a simple meditation plan that you can follow for the next month.

1. Type of Meditation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Frequency (e.g., daily, three times a week): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Duration (e.g., 10 minutes, 20 minutes): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Time of Day (e.g., morning, evening): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Additional Resources**

- Books: "The Miracle of Mindfulness" by Thich Nhat Hanh, "10% Happier" by Dan Harris

- Apps: Headspace, Calm, Insight Timer

- Videos: Search for guided meditation videos on YouTube

Meditation is a personal journey, and what works for one person may not work for another. This worksheet is designed to help you explore different types of meditation and find the practice that best suits your needs. Remember to be patient with yourself and enjoy the process of discovery.

---

Feel free to adapt this worksheet to your needs and share your meditation journey with others. Happy meditating!