



Meditation In Motion

2-Month Guide



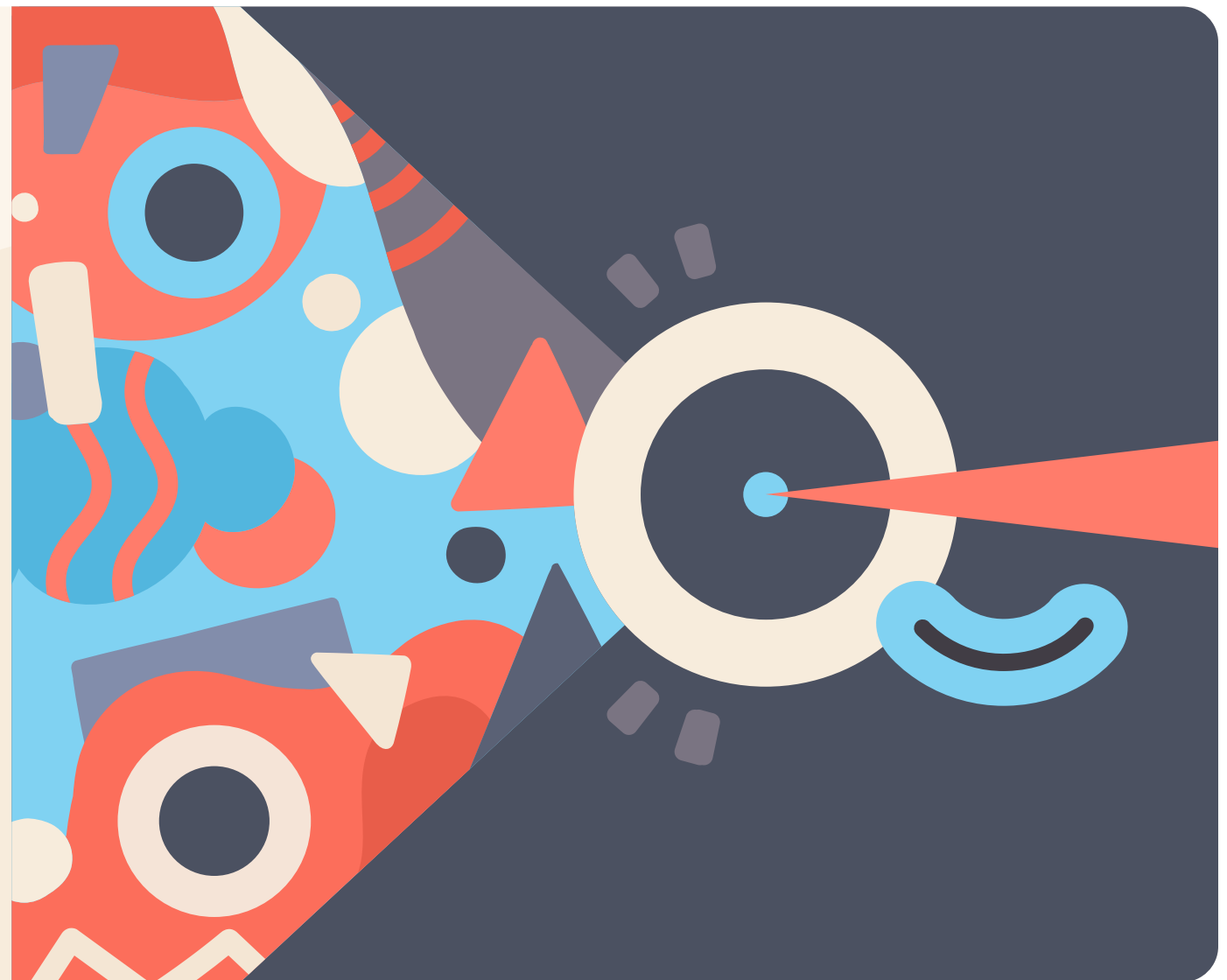
Day

DAYS 1-10

Basics



* Check off the days as you complete them.



MORNING:

Basics

(10 sessions, 10 min)

Let's get back to basics. Learning (or relearning) to meditate is the best way to prepare your mind for any kind of training.

PRE & POST WORKOUT:

1-minute **Breathe** or
2-minute **Focus** mini

EVENING:

Sleeping Meditation or
Sleep Sound

TIP

Try not to overthink the process too much. Instead, enjoy the feeling of pausing to catch your breath and align mind and body.

DAYS 11-20

Motivation

11

12

13

14

15

16

17

18

19

20



MORNING:

Motivation

(10 sessions, 10 min)

Set clear intentions about why you're training.

This is the time to understand your goals so you're better prepared to commit to them.

PRE & POST WORKOUT:

1-minute **Breathe** or
2-minute **Focus** mini

EVENING:

Sleeping Meditation or
Sleep Sound

TIP

Notice what comes up when you consider your motivation. The stronger and clearer our motivation becomes, the easier it is to apply.

DAYS 21-30

Training



MORNING:

Training

(10 sessions, 10 min)

You've got your overall intentions set. Now, learn to set clear intentions for each training session, helping you make the most of your time while enjoying the process.

PRE & POST WORKOUT:

1-minute **Breathe** or
2-minute **Focus** mini

EVENING:

Sleeping Meditation or
Sleep Sound

TIP

As soon as you remember that you chose to train, then it really changes the entire mindset.

DAYS 31-40

Recovery



MORNING:

Recovery

(10 sessions, 10 min)

You've been training for a while, and now's the time to make sure you don't burn out. Stay mentally resilient throughout your plan.

PRE & POST WORKOUT:

1-minute **Breathe** or
2-minute **Focus** mini

EVENING:

Sleeping Meditation or
Sleep Sound

TIP

Recovery is just as important to improving as training is. So remember to take care of yourself.

DAYS 41-50

Concentration

41

42

43

44

45

46

47

48

49

50



MORNING:

Concentration

(10 sessions, 10 min)

Your last training session doesn't need to impact your next. Learn to let go of the past and of any expectations for the future.

PRE & POST WORKOUT:

1-minute **Breathe** or
2-minute **Focus** mini

EVENING:

Sleeping Meditation or
Sleep Sound

TIP

Look for opportunities during your day to practice focusing lightly on a specific object for a few seconds.

DAYS 51-60

Competition



MORNING:

Competition

(10 sessions, 10 min)

You're nearly there. Train your mind to let go of the inner chatter; focus and discover a place of quiet confidence.

PRE & POST WORKOUT:

1-minute **Breathe** or
2-minute **Focus** mini

EVENING:

**Sleeping Meditation or
Sleep Sound**

TIP

We're teaching the brain to let go of old habits. When you notice you're distracted, pause to focus on your breath for 30 seconds.

DAY 61

Motivation

61



MORNING:

Motivation Single

(1 session, 10 min)

Remember why you started training. You're taking care of yourself, and that's what matters.

PRE & POST WORKOUT:

1-minute **Breathe** or

2-minute **Focus** mini

EVENING:

Sleeping Meditation or

Sleep Sound

TIP

It's natural to start training in pursuit of our own goals. It's also natural for our motivation to become broader as we keep going.

You did it! Congratulations!