

Start Here

How to use this toolkit:

Find a quiet space where you can limit distractions.

Look at the title of the guides and see which one speaks to you. Start there. Don't worry too much about it – just go with your gut!

Complete the workbook in your own time but we suggest to do one at a time in one sitting for maximum effectiveness.

Listen to the meditation that goes with each workbook before you start – and as many times as you would like after that.

Suggested workbook/meditation pairings:

Create the Life You Want > Future Self Meditation

Growth and Gratitude > Gratitude Meditation

Fall in Love With Yourself > Loving Kindness Meditation

Setting Clear Boundaries > Compassion Meditation

How to Establish Healthy Habits > Body Scan Meditation

Once you are done with a workbook, honor the time you spent committing to yourself. Feel free to repeat it as many times as you like – each repeat will bring new perspective and awareness.

If you enjoy the process tag us on Instagram [@mindfulnessmatters](https://www.instagram.com/mindfulnessmatters) so we can see your progress and support your growth!