

10 Day Meditation Challenge

9 Principles for a Consistent Daily Practice

- 1** You define your success.
- 2** High repetition, short duration is best for forming new habits.
- 3** Create a flexible practice. Adapt to time constraints and unexpected life events.
- 4** Keeping your practice short and simple helps to build momentum and confidence.
- 5** Identify priorities in your life to free up time.
- 6** Choose a practice where you can experience immediate benefits.
- 7** Set a specific time of day that you are most likely to practice.
- 8** Celebrate small victories to build self confidence.
- 9** Accountability offers a huge benefit in creating consistency.

