

7-Day Mindfulness Starter Plan

Simple practices to bring
calm and clarity into
your daily life



The ancient practice of meditation offers a pathway to a more mindful and centered life, but starting the habit can feel daunting. This free guide is designed to help you begin your meditation journey with ease. Over the next seven days, you'll explore simple, varied techniques that foster greater presence and awareness in your everyday life. Each day's practice builds on the last, creating a solid foundation for your meditation practice. Let this guide be your companion as you take these first steps towards a calmer, more mindful you.

DAY 1: FOCUS ON BREATH

BEGIN YOUR JOURNEY BY
CENTERING YOUR ATTENTION
ON THE BREATH, THE ANCHOR
OF MINDFULNESS.

AWARENESS

Take a few minutes to focus on your breath. Notice the sensation of the air flowing in and out, the rise and fall of your chest or abdomen. Observe each inhale and exhale with gentle awareness, allowing your breathing to be natural and relaxed.



Day 2: Body Awareness

Sit quietly

Bring attention to
the top of your head

Slowly scan down
to your toes

Notice sensations
without judgment

Release tension gently



DAY 3

BODY SCAN MEDITATION

Spend this session engaging in a body scan, bringing attention to your physical sensations from head to toe. Start at your scalp, gradually directing your awareness down through your face, neck, shoulders, arms, torso, legs, and feet.

Observe any areas of tension, warmth, coolness, or other feelings, without trying to change them. The aim of this practice is to develop a greater connection to your body, fostering present moment awareness and physical relaxation.



DAY 4

MINDFUL LISTENING

Focusing on the sounds around as an excellent way to anchor awareness to the present moment. In the meditation, a sound without labeling it. Allow paying attention to nearby as a distant sound⁴ and the allowing them turn dissolve naturally. Allow embrace ice getting caught up in any particular noise, Embrace sounds with an open curious mind. Take the time to reconnect with your surroundings through attentive listening.



DAY 5

MINDFUL

WALKING

PAY ATTENTION TO EACH STEP AS YOU WALK, BRINGING MINDFULNESS TO THE RHYTHM OF YOUR PACE AND THE SENSATIONS IN YOUR BODY.

AWARENESS

Take a few minutes to each step as you walk, bringing mindfulness to the rhythm of your pace and the sensations in your body.



DAY 6

COMPASSION

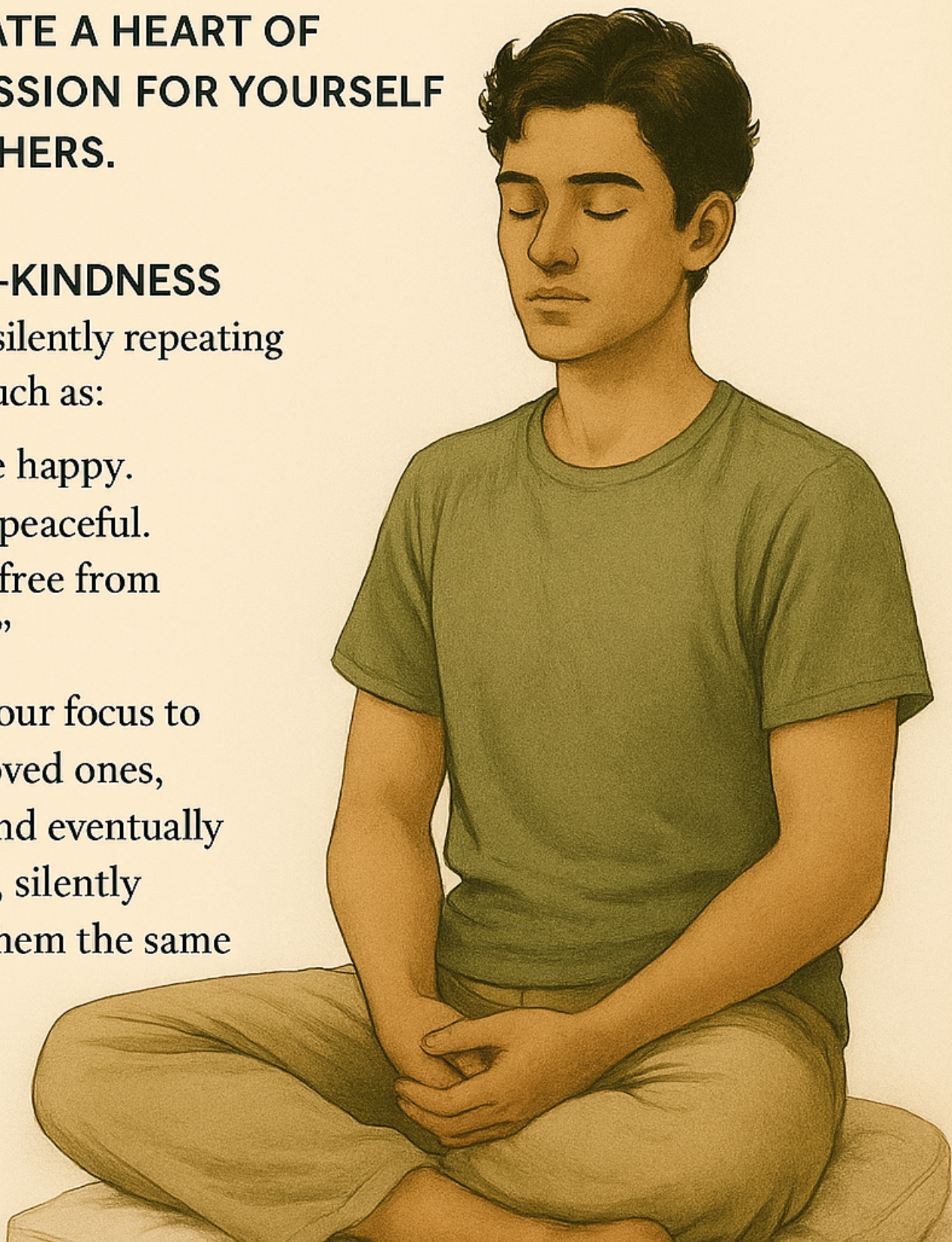
**CULTIVATE A HEART OF
COMPASSION FOR YOURSELF
AND OTHERS.**

LOVING-KINDNESS

Begin by silently repeating phrases such as:

“May I be happy.
May I be peaceful.
May I be free from
suffering.”

Expand your focus to include loved ones, friends, and eventually all beings, silently offering them the same wishes.



DAY 6

OBSERVE

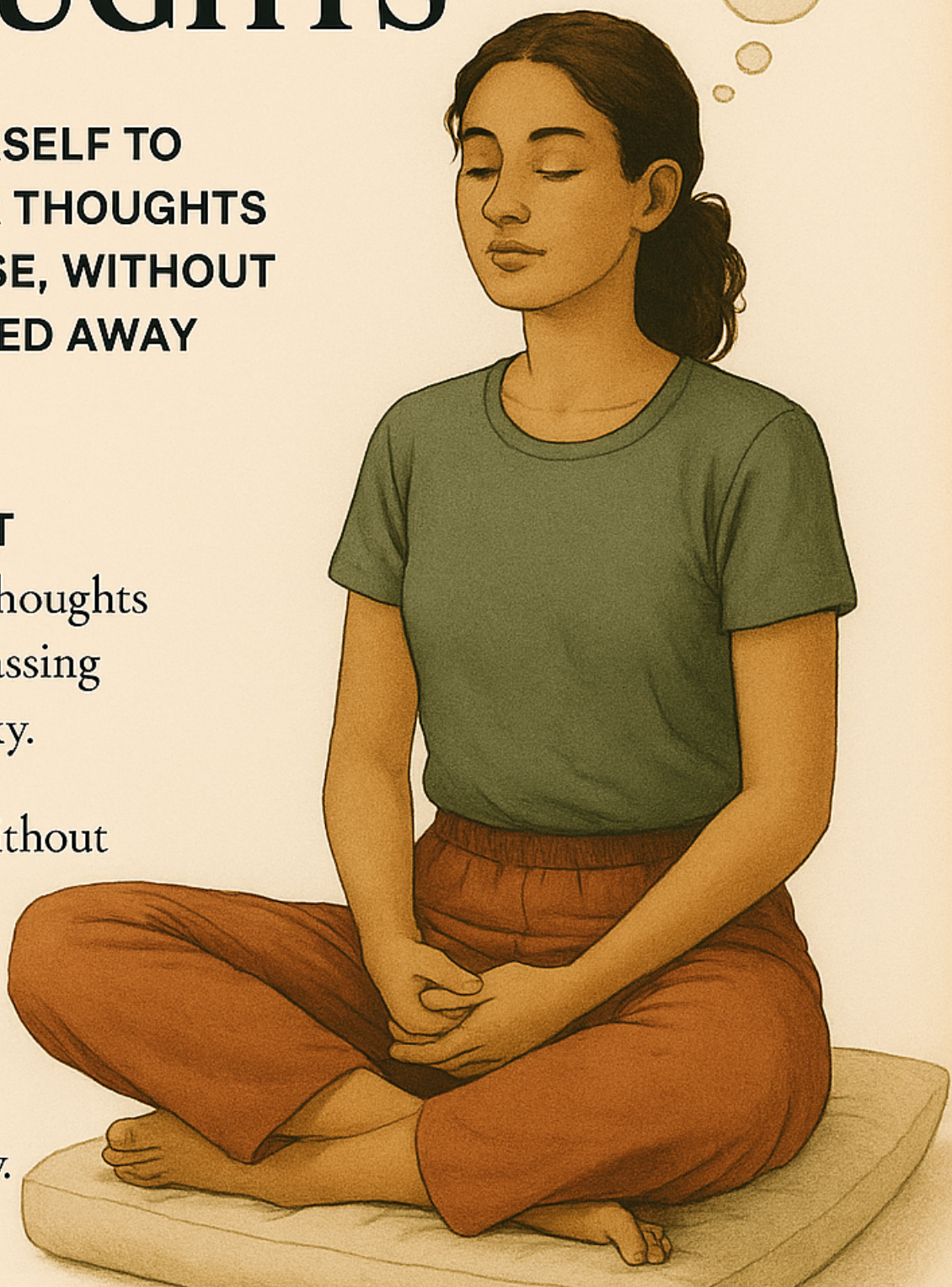
THOUGHTS

**ALLOW YOURSELF TO
WATCH YOUR THOUGHTS
AS THEY ARISE, WITHOUT
BEING CARRIED AWAY
BY THEM.**

DETACHMENT

Observe your thoughts
as if they are passing
clouds in the sky.

Notice them without
judgement,
acknowledging
their presence,
and then let
them drift away.



REFLECTION QUESTIONS

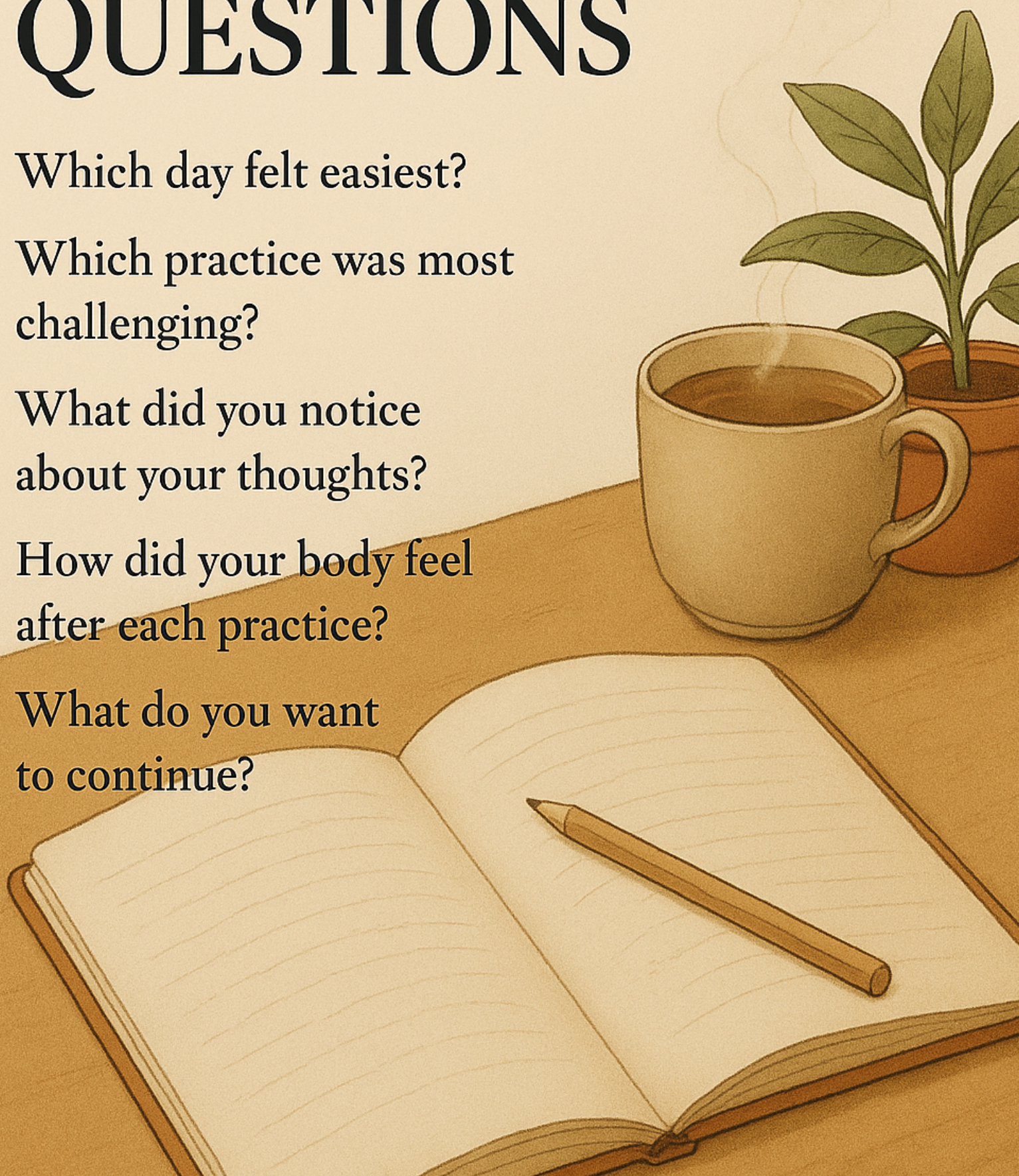
Which day felt easiest?

Which practice was most
challenging?

What did you notice
about your thoughts?

How did your body feel
after each practice?

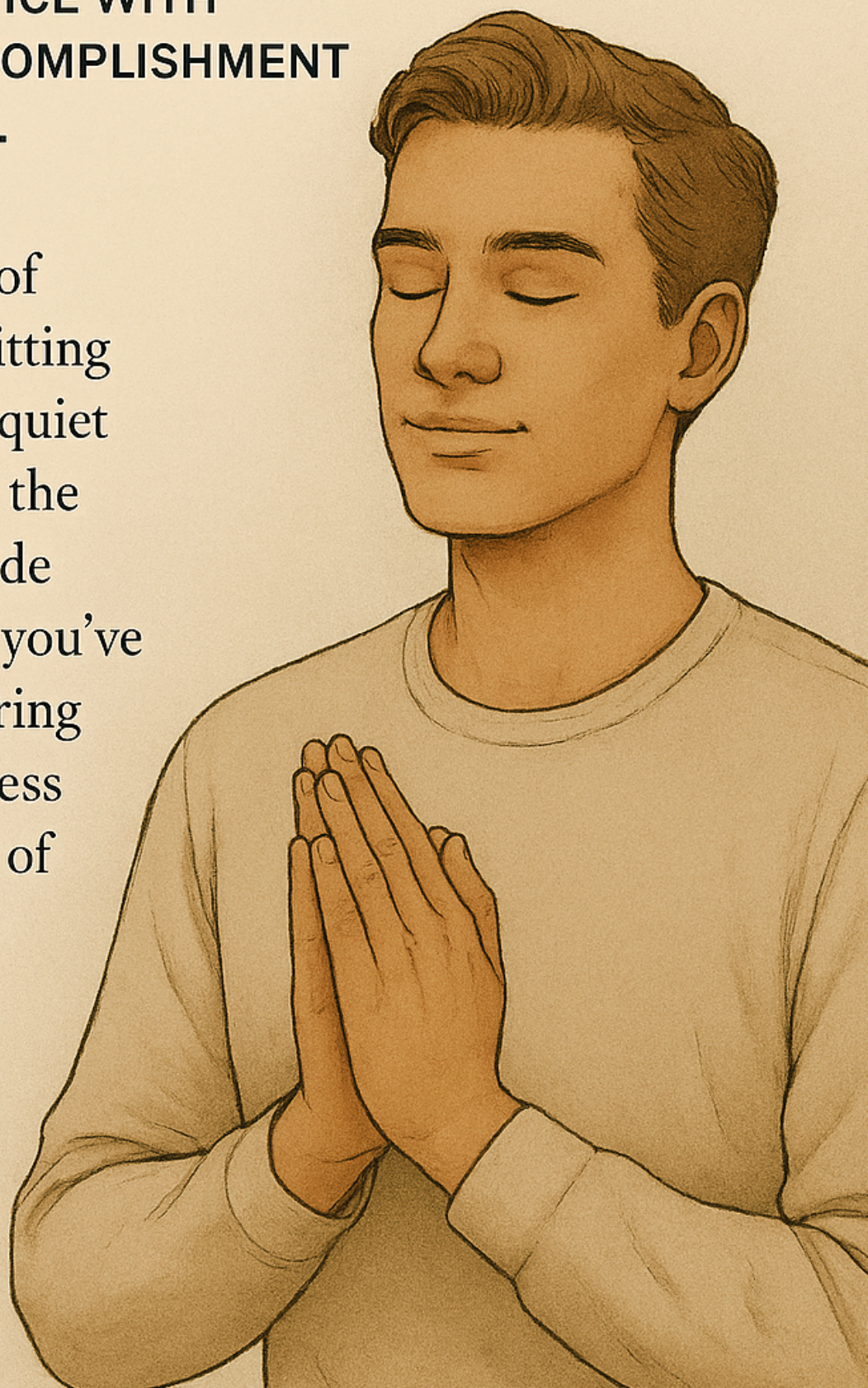
What do you want
to continue?



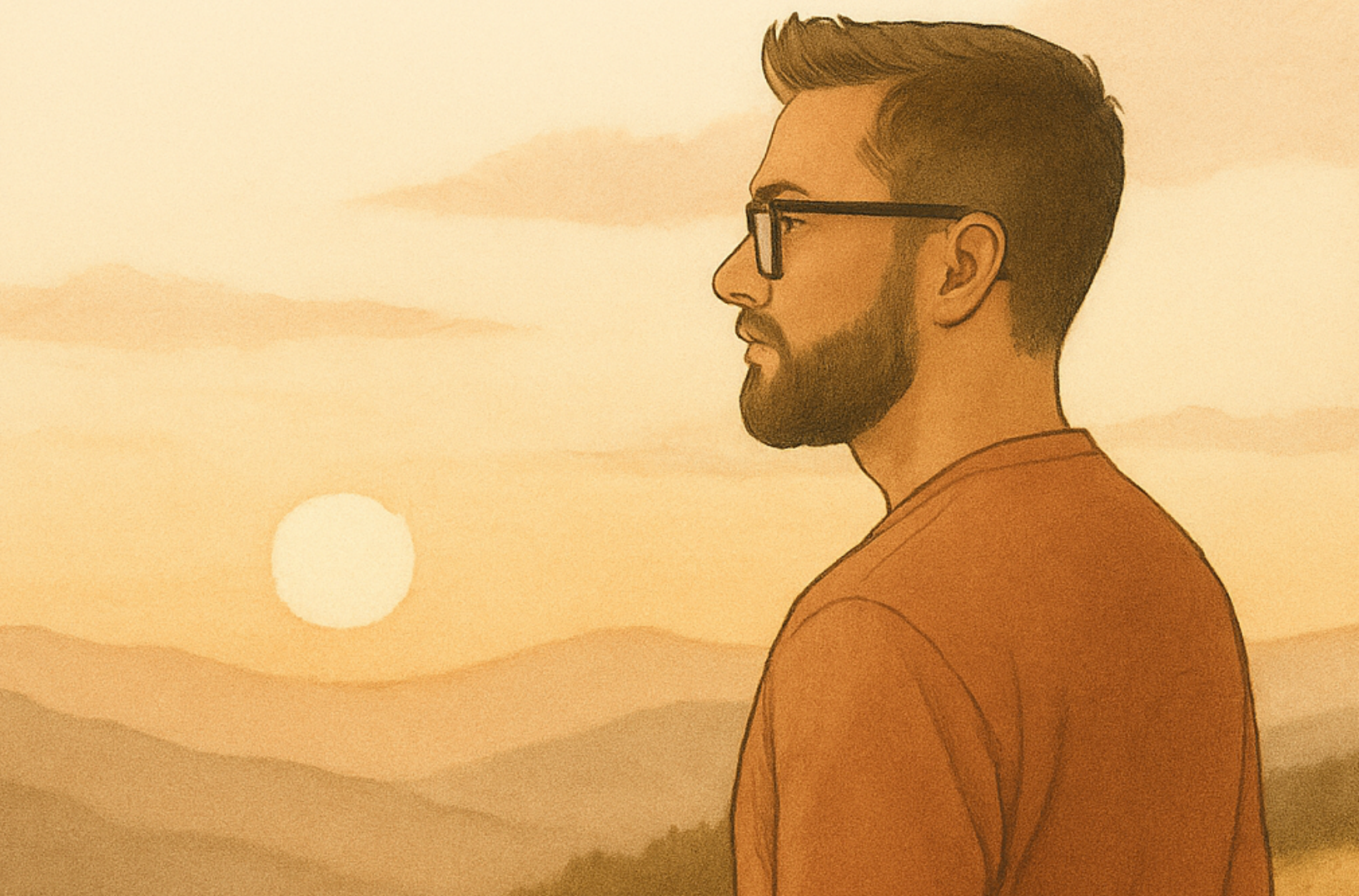
CLOSING

**CONCLUDE YOUR WEEK OF
MINDFUL PRACTICE WITH
A SENSE OF ACCOMPLISHMENT
AND GRATITUDE.**

End your 7 days of mindfulness by sitting comfortably in a quiet space. Recognize the efforts you've made and the progress you've achieved in fostering greater mindfulness. Cultivate a sense of gratitude for this journey and the lessons you've learned along the way.



MOVING FORWARD



This plan is just the beginning. Keep practicing your favorite exercises daily, and you'll notice greater calm and clarity in your life.

Mindfulness is not a destination, but a journey.