

# 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.

[Learn more at meditation-life.com](https://meditation-life.com)



# 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.



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# 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



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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.



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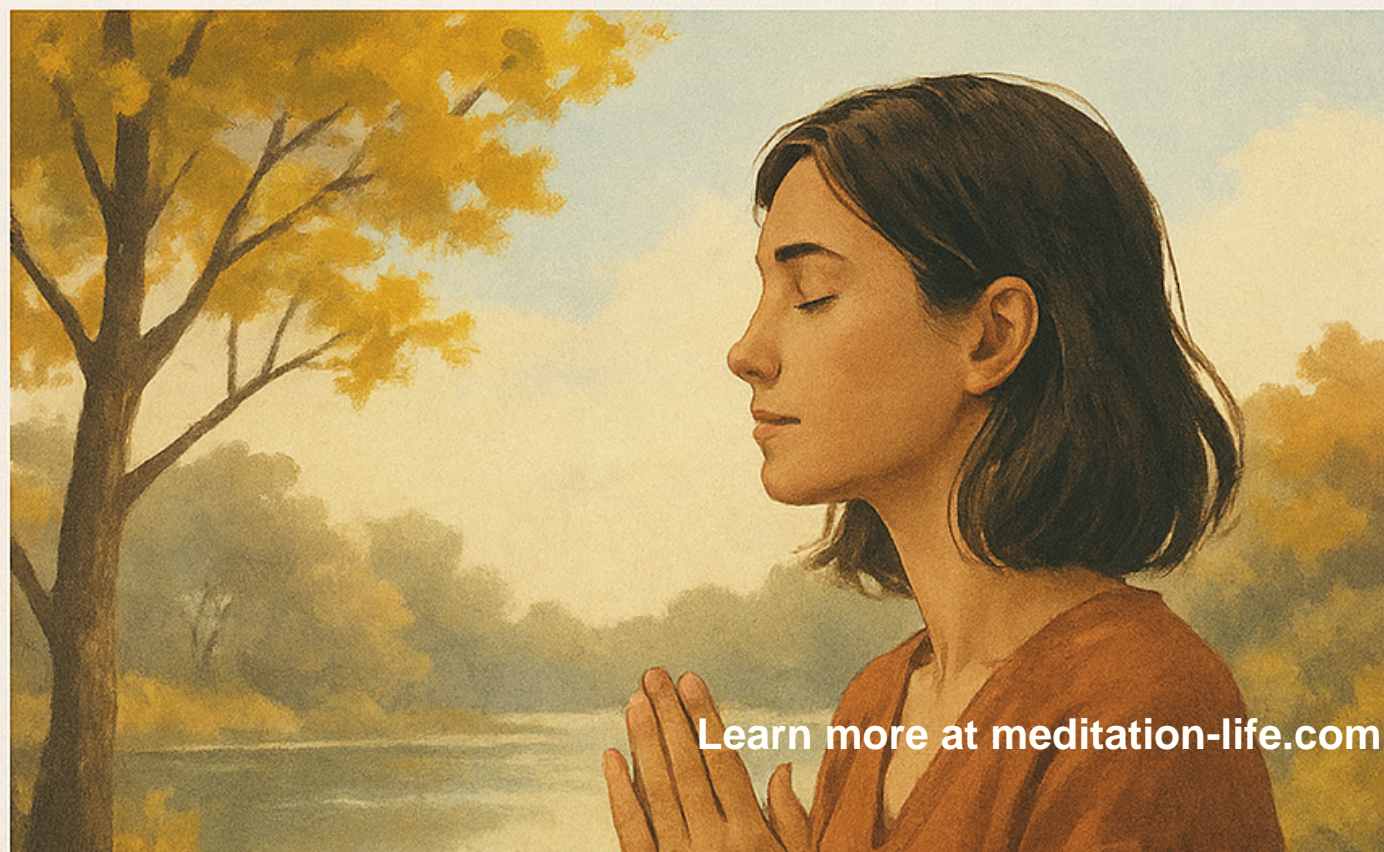


# DAY 4

# 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 sound<sup>4</sup> 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.



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# 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.



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# DAY 6

# COMPASSION

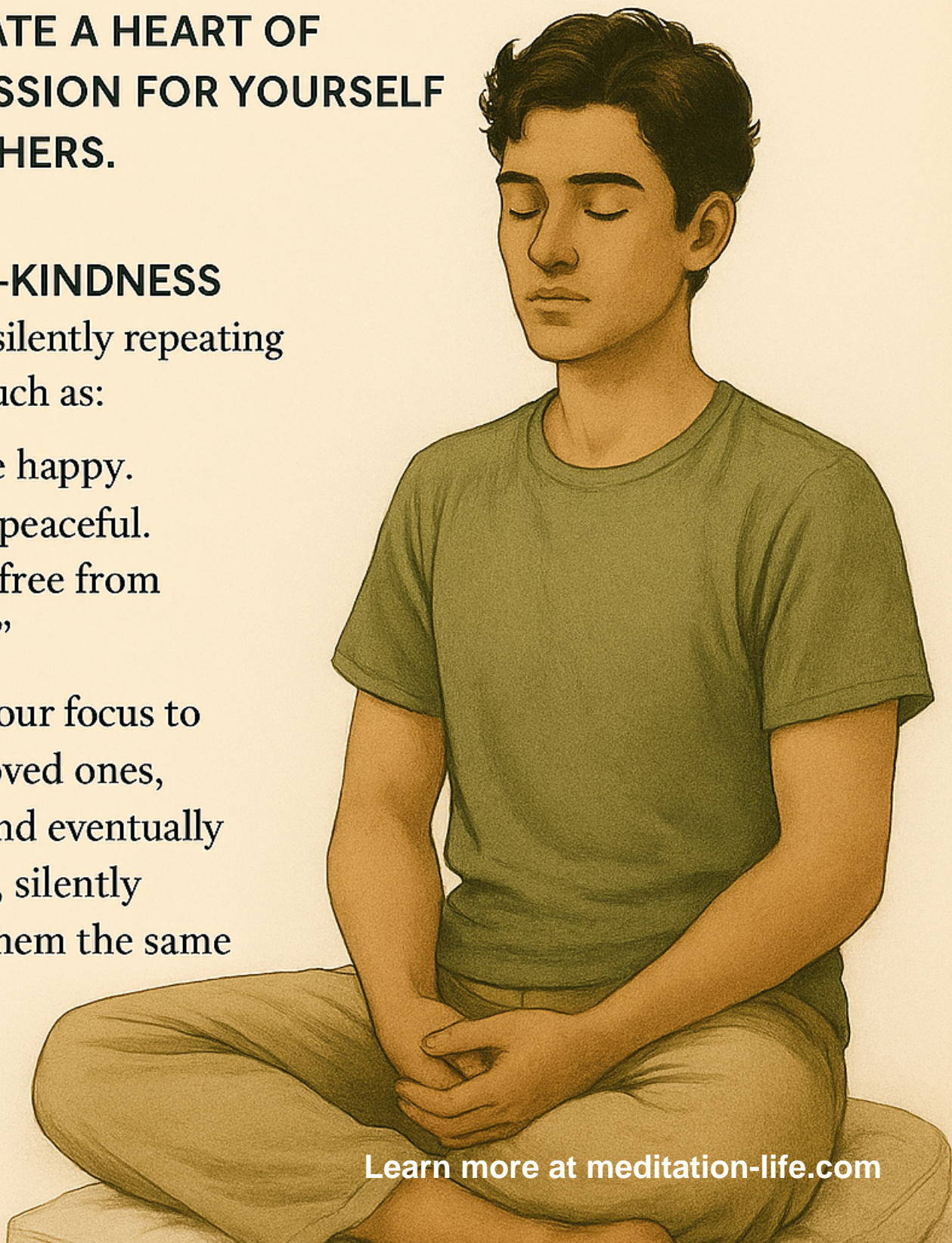
**CULTIVATE A HEART OF  
COMPASSION FOR YOURSELF  
AND OTHERS.**

## **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.



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# DAY 6

# OBSERVE

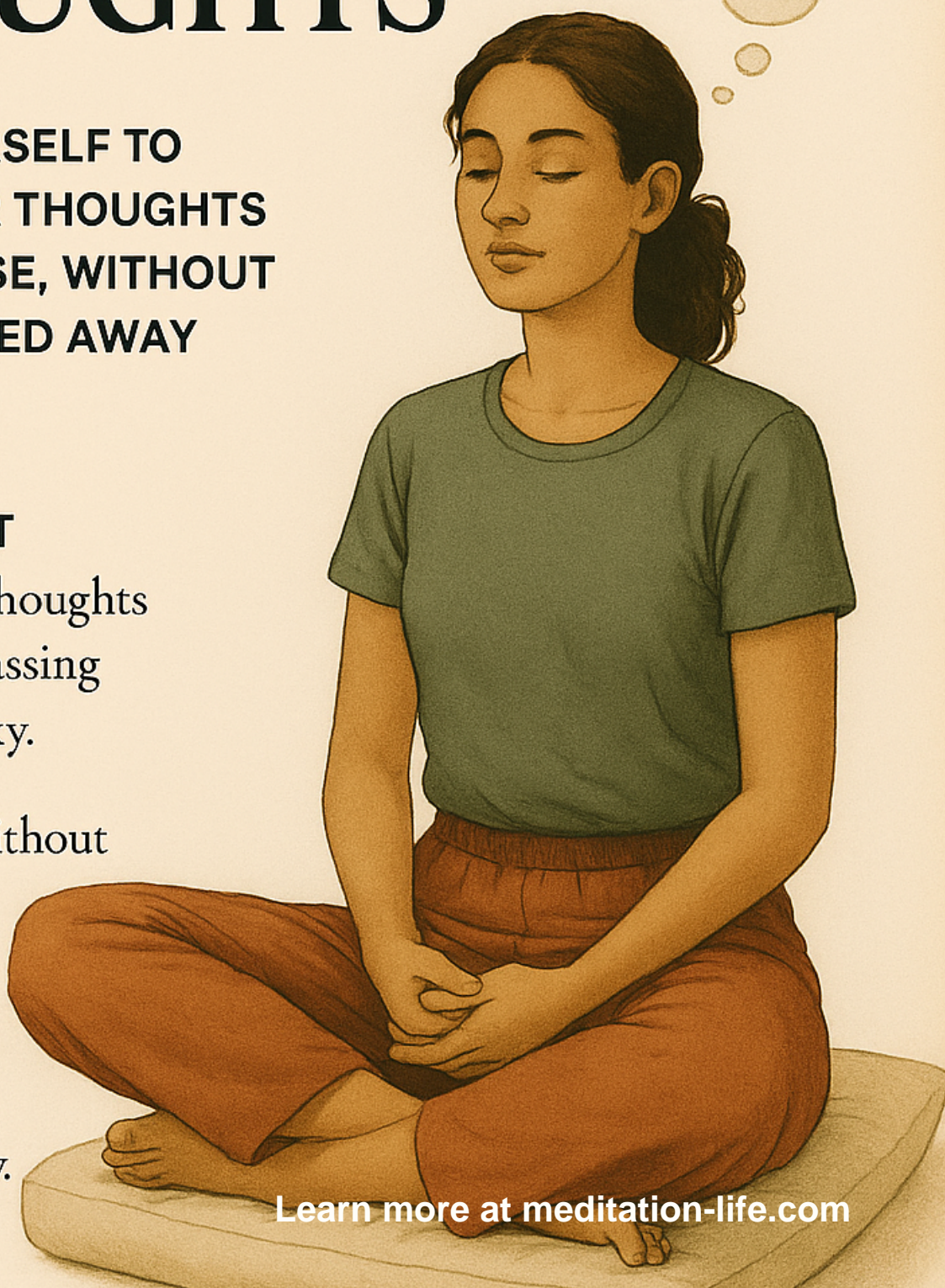
# THOUGHTS

**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.



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# 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?

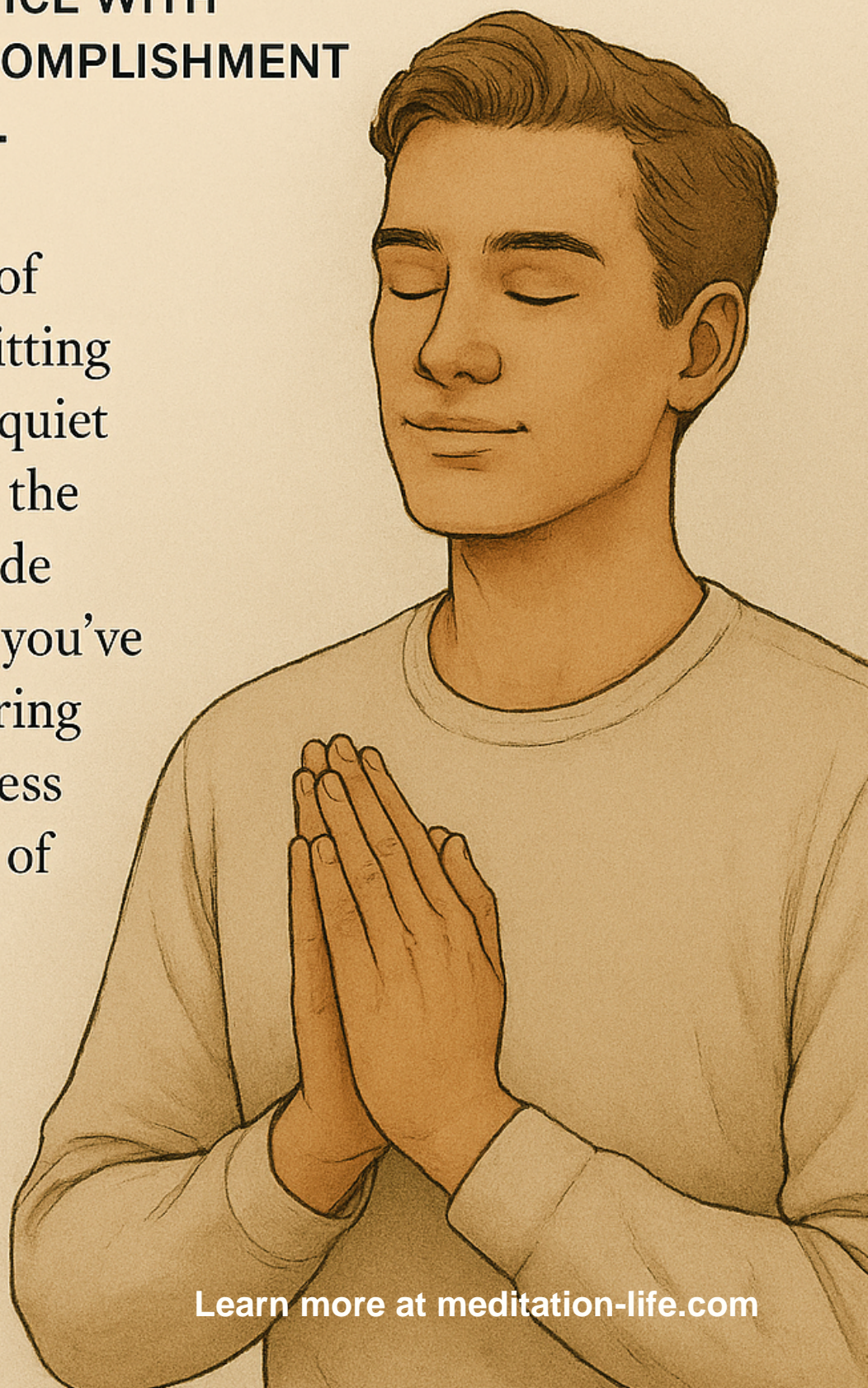




# CLOSING

**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.



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# MOVING FORWARD



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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.