



Positive Habit Builder

Establish a meditation practice at home

Primary Sheet

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
Week 1	8 mins	8 mins	8 mins	8 mins	8 mins	8 mins	Treat
Week 2	10 mins	10 mins	10 mins	10 mins	10 mins	10 mins	Treat
Week 3	12 mins	12 mins	12 mins	12 mins	12 mins	12 mins	Treat
Week 4	15 mins	15 mins	15 mins	15 mins	15 mins	15 mins	Treat
Week 5	20 mins	20 mins	20 mins	20 mins	20 mins	20 mins	Treat

Choose somewhere at home and a time of day to meditate. Then choose a small treat, such as a chocolate bar or listening to your favourite band for example, to work towards but do not have it unless the week's meditation is completed as per the guidance. Start at Week 1 and tick off days in the week when the meditation is done. Note Day 7 is optional and unrecorded.

5/6 days per week ticked: have your treat and tick that you had it, move on to the next week's timing.

3/4 days per week ticked: go to the *Repeat Sheet* and repeat the week again. No treat is gained.

1/2 days with a tick: go to the *Adjustment Sheet* and look to modify your approach.

5 weeks completed: go to the *Without a Treat Sheet*.



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Repeat Sheet

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
Repeat 1	Time	Time	Time	Time	Time	Time	Treat
Repeat 2	Time	Time	Time	Time	Time	Time	Treat
Repeat 3	Time	Time	Time	Time	Time	Time	Treat
Repeat 4	Time	Time	Time	Time	Time	Time	Treat
Repeat 5	Time	Time	Time	Time	Time	Time	Treat

Tick off days in the week when the meditation is done. Note Day 7 is optional and not recorded.

Set the daily timing for the week:

Rep. 1 ____mins Rep. 2 ____mins Rep. 3 ____mins Rep. 4 ____mins Rep. 5 ____mins

5/6 days per week ticked: have your treat (unless using the *Without a Treat Sheet*) and tick that you had it, return to the *Primary Sheet* (or if applicable *Without a Treat Sheet*) going on to next week's timing.

3/4 days per week ticked: continue the *Repeat Sheet* and repeat the week again. No treat is gained.

1/2 days with a tick: go to the *Adjustment Sheet* and look to modify your approach.



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Adjustment Sheet

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Adjustment 1	Time	Time	Time	Time	Time	Time
Adjustment 2	Time	Time	Time	Time	Time	Time
Adjustment 3	Time	Time	Time	Time	Time	Time

Make one adjustment as follows: change the location you meditate in, change the time of day you choose to meditate, change the duration you meditate (if you are at week 1 reduce this to 5 mins).

Set the daily timing for the week as per the guidance: Adj. 1 ____mins Adj. 2 ____mins Adj. 3 ____mins

5/6 days per week ticked: go back to the *Primary Sheet* and repeat the week's timing following the guidance.

3/4 days per week ticked: carry the adjustment over to the *Repeat Sheet* following the guidance there.

1/2 days with a tick: make one more adjustment going to Adj. 2 on this sheet.

1/2 days ticked after 3 adjustments: seek the advice of a teacher.



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Without a Treat Sheet

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Week 1	Time_____	Time_____	Time_____	Time_____	Time_____	Time_____
Week 2	Time_____	Time_____	Time_____	Time_____	Time_____	Time_____
Week 3	Time_____	Time_____	Time_____	Time_____	Time_____	Time_____
Week 4	Time_____	Time_____	Time_____	Time_____	Time_____	Time_____
Week 5	Time_____	Time_____	Time_____	Time_____	Time_____	Time_____

Set your own time each day. Instead of ticking the box, fill in the time in minutes. Follow the guidance. Note Day 7 is optional and unrecorded.

5/6 days per week filled in: move on to the next week and try to increase your timing.

3/4 days per week ticked: go to the *Repeat Sheet* and repeat the week again but without the treat.

1/2 days with a tick: go to the *Adjustment Sheet* and look to modify your approach.

5 weeks completed: carry on aiming to practice meditation daily but without the use of any sheets.