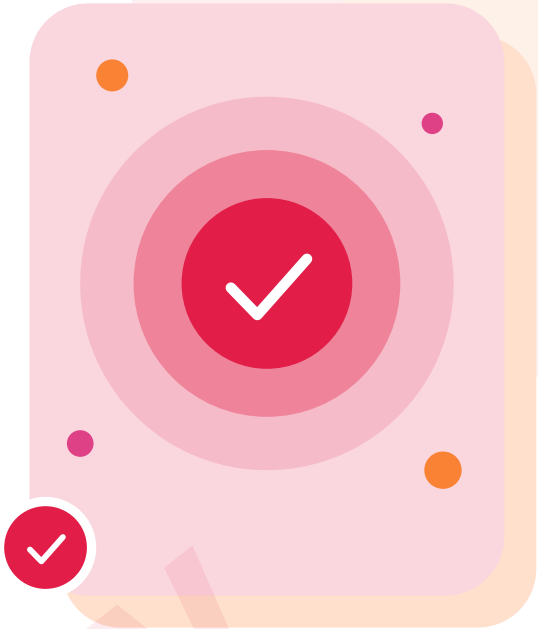
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Creating a Meditation Space



A dedicated meditation space enhances focus and relaxation. Use this checklist to set up a peaceful environment for mindfulness.

11 steps · Print-ready A4

NAME	START	TARGET DATE

1 Choose a Quiet Spot

Find a location free from noise and distractions to foster concentration.

EXAMPLE *A corner of your bedroom, a balcony, or any secluded area where you won't be interrupted.*

2 Declutter the Area

Clear unnecessary items to create a clean and calming space for meditation.

TIP *Keep only essential and meaningful items in the space to avoid visual distractions.*

3 Add Comfortable Seating

Use a cushion, chair, or yoga mat to ensure a relaxed and supportive posture.

TIP *Opt for ergonomic seating to minimize discomfort during longer meditation sessions.*

PREVIEW



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