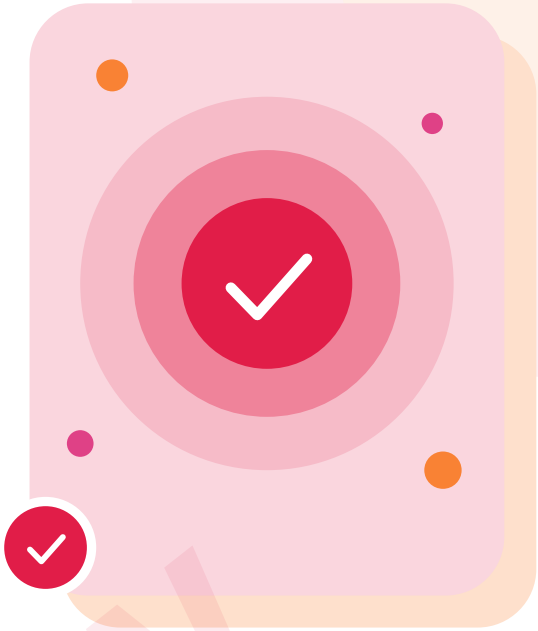
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Meditation for Beginners



Meditation enhances focus, reduces stress, and promotes mindfulness. Use this checklist to start a simple and effective meditation practice.

10 steps | Print-ready A4

NAME	START	TARGET DATE

1 **Choose a Quiet Space**

Find a distraction-free area where you feel comfortable.

EXAMPLE *A cozy corner of your home or a serene outdoor spot.*

2 **Set a Timer**

Start with 2-5 minutes and gradually increase as you become comfortable.

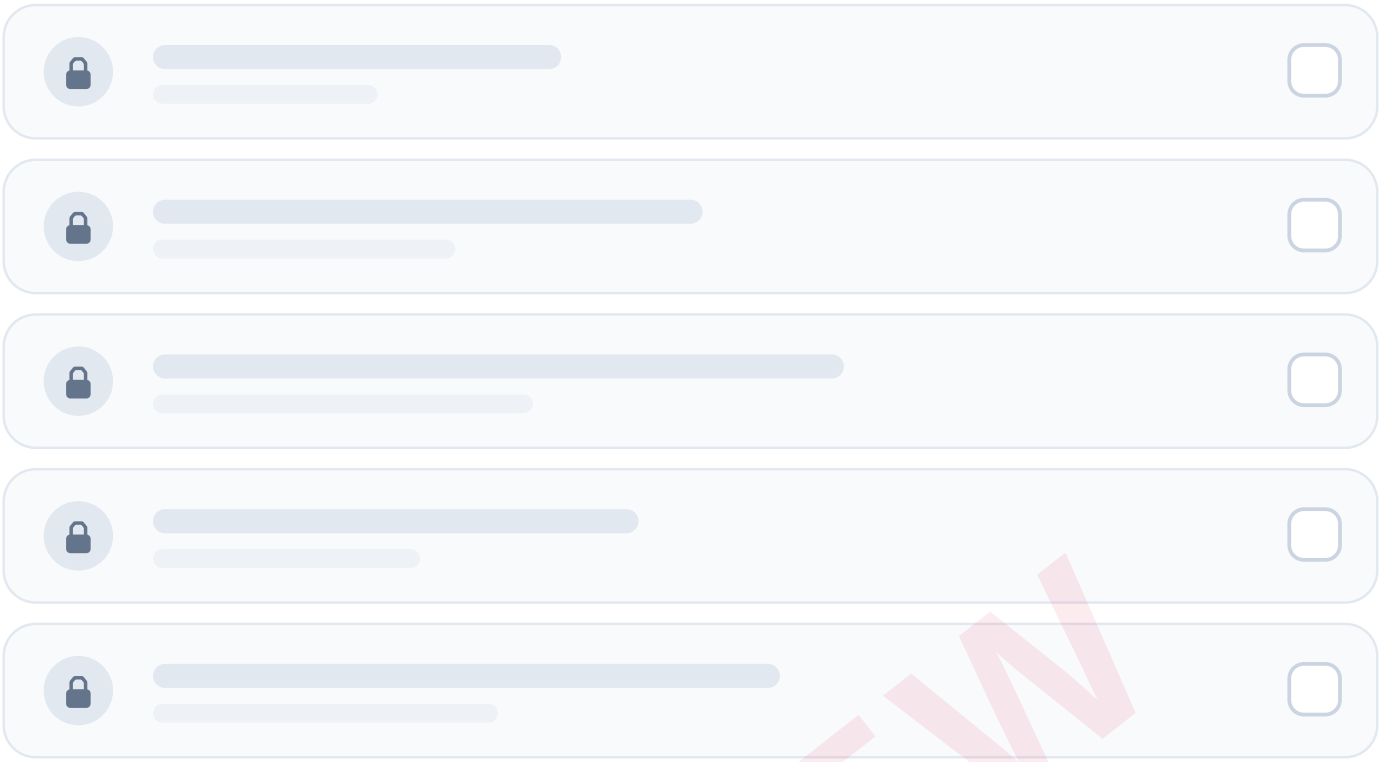
TIP *Use apps like Calm or Insight Timer for guided sessions.*

3 **Sit Comfortably**

Use a chair, cushion, or yoga mat to support a relaxed posture.

EXAMPLE *Sit cross-legged or with feet flat on the ground.*

PREVIEW



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PREVIEW