

SUCCESS ACTIONS WORKSHEET

Unleash Your
MEDITATION MOTIVATION
&
Reap The Rewards
In All Areas of Your Life

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WEEK 1: 4 Keys To Success

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KEY 1 - Keep it Simple

The inherent ability to change our inner landscape to that of harmony is simple to access and easy to influence.

This fact surprises most people.

I believe there is an underlying belief in most of us, that an effective meditation practice is something complex and/or difficult to get good at. This is a false belief and one that can get in the way of our jumping in and enjoying the learning process that leads to Meditation Mastery in our Lives.

Key 1 In our Meditation Motivation Journey is to address this false belief. Therefore, we KEEP IT SIMPLE and stick with the facts.

YOUR BODY KNOWS HOW TO BE... EVERY ONE OF the 70 TRILLION CELLS that make up your body KNOWS...

THEY HAVE BEEN EVOLVING FOR 100's OF MILLIONS OF YEARS with this KNOWING...

IT IS THE NATURAL LAW THAT YOUR BODY KNOWS HOW TO BE

HINT: your body-mind knows BEing ! We are learning how to jump right onto this wonderful knowing within our bodies... and enjoy the ride!

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Key 2 – Keep it Brief :



A daily practice can be brief.... And still hugely beneficial.

It can be merely minutes and still significantly effective.

Each week in our Meditation Motivation Journey, you will have access to practice audios. Your audio link for Sensory Breath Meditations with Class One have been emailed to you with your weekly goal-supporting email. There are a range of audios crafted to support you where you are at, and you can access these as we proceed.

Each Audio is designed to facilitate you as you are accessing your body's inner wisdom and knowing of **BEing**.

You will notice in these audios, we keep it SIMPLE and we KEEP it BRIEF....

JOIN IN....

- DOWNLOAD YOUR AUDIOS,
- SET THE INTENTION TO BE WITH A LEAST ONE AUDIO PER DAY,
- ALLOW YOURSELF TO KNOW THROUGH EXPERIENCE THAT BRIEF IS FANTASTIC !

HINT : The action of sitting into the practice, is where the primary victory always lies. As NIKE say ; “Just DO it”.

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Key 3 – Be Realistic:



There are no straight lines in nature; all weaves and bends, dip and dives...

Yes! Nature moves in rhythms and cycles.... but never in a straight line. This practice will meander for you in its own natural pattern as you progress. So be realistic & be gentle with yourself, it all occurs according to natural laws.

I invite you to stay focused on the Prize-Giver... The Prize-Giver is the *FELT SENSATION of the AIR during each individual in-breath*... Remember, in any one sitting, even a few moments of full-awareness, of the felt sensation of air moving in across those cells, is an incredible victory... 🍌

So, whether you consider yourself a beginner or a pro in the meditation field, this Meditation Motivation Journey is unique... it's about your awareness of that sensation of air flowing across those cells in your nostrils or across your tongue.

In our Meditation Motivation Journey, I will be bringing you tips and practices that can be used in all manner of settings. For example, if you ever need of a little extra assistance to truly feel that sensation, bring the air in across your tongue.

My point is that we all need to remember, there are no straight lines in Nature... There might be a moment in a session when anxious feelings or unsettledness is present. If there is, that is ok. Its ok if this happens for you.

The dips and dives are part of the process... Each sitting builds upon the previous one. It is the natural law whether we believe it does or not, whether we really felt the sensation in the sitting or not. The natural law is that each moment in a sitting, builds upon the one before and upon all the moments before that.

We cannot force a seed to germinate. However, there is a natural environment within which it just automatically does...

HINT: Each moment sitting BRINGS REWARDS, beneficial moments build one upon the other in an phenomenal way, THIS IS THE NATURAL LAW...



KEY 4 - Plan it into your day!

Our goal is to relearn how to **BE**. So we need to PLAN the **Doing** of a **Being** Practice into our day ! It makes sense right?

Go ahead right now!!

- Plan sitting into one of the Sensory Breath Meditation Audios that we have provided you with every day....

There are many personality types and the "Do-er" in each of us has its own unique quirks. But we all have a "**Doer**" within. Even if the "**Do-ing**" action is sitting with a bowl of popcorn and watching your favourite show, it is a decision the doer does.

Our Mind responds to planning.

However, the motivation to plan something into our day and then actually do it, is usually based on knowing the benefits we will gain from the practice or exercise that we are planning into our day.

Well super congratulations to you, you are here, you are doing this Course... 🙌🙌🙌
and you will know so many benefits in the coming weeks because it is our job to provide the knowing within each class that leaves you certain of the benefits this practice will bring you... and then baa-boom!!! Your personal experience of the benefits will occur, from the actual *DO-ing* of the practice! It's a win win.

**For now, I am asking you to trust that
you need to PLAN to Do BEing, into your day**

It's the everydayness that we are focusing on in this first step.

HINT : ANCHOR your Being Practice onto a practice that you already DO every day

- Each Morning Before after you take your Shower - Parked in your car before you go into work - Last thing at night before you go to sleep

Hey ! We all know that we are human **Beings**
Yet most of us are in a state where we function primarily as Human **Doings**
We have lost sight of what it is like to **BE**, as opposed to be **Doing**
Yet when we Provide a **BEING**-state to ourselves daily,
then just like the daisy seed germinates in the perfect warmth of a spring day,
the positive changes for our Body & Mind germinate within.

