

MEDITATION'S INSTANT ROI
THE
WORKSHEET

MY MEDITATION PRACTICE

① WHAT'S YOUR PREFERRED WAY OF MEDITATION (WHERE, HOW, WHEN)?
OR, IF YOU'RE NOT SURE, WHAT HAVE BEEN YOUR EXPERIENCES SO FAR, WHAT SEEMS TO WORK / DON'T WORK FOR YOU?

② WHAT ARE THE OBSTACLES THAT KEEP YOU FROM MEDITATING ON A DAILY BASIS?

③ HOW CAN YOU OVERCOME THESE OBSTACLES?