

Challenging-situation meditation strategy worksheet

Today's date:

Formal Practice.

I will try to meditate for _____ minutes at _____ (time/location)

Situational analysis:

List today's specific challenges in chronological order. Include relevant environmental elements (location, who is present, etc), as well as the area of anticipated personal challenge (frustration, impatience, fear of pain, etc).

Situational Strategy

Consider each challenge above and identify specific techniques you want to address them with. Be as specific as possible. Include times of day or specific triggers ("waiting in line"). Define your strategy for each situation. (Loving kindness, watching thoughts, grounding with breath, etc).

Micro-hits (short duration of full-concentration): I will do these Micro-hits at these times or situations:

Background Practice (ongoing duration of minimal concentration): I will try to meditate in the background at these times or situations:

Review and assess these strategies at the end of the day to inform your strategy tomorrow.