

Personal Guided Meditation Outline

You do not have to listen to someone else to do guided meditation. Guided meditations are all about focusing yourself on something and then exploring, finding where you fit in it, and how it applies to you. Answer these questions and then have a discussion with yourself about your answers.

What is my topic? (Make this specific, like acceptance of an illness, or courage to move forward with a difficult decision.)

Why is this important to me?

How will it help me live more in line with my top values?

What barriers stand in my way?

Which of these barriers am I able to do something about?

What am I able to do to address some of the barriers?

What is the next right step for me and my life?