

Welcome to the Course!

Part 1.1

# How To Get the Most out of This Course

Learning to meditate is one of the most powerful and impactful things you can do for your own personal mental health and well-being



I'm glad that you signed up

# Five Keys to Success



## Five Keys to Success

Do the guided meditations

follow along with the guided  
meditations

You can't learn how to do mindfulness just by reading a book or watching a Youtube video.

you just have to do the practices



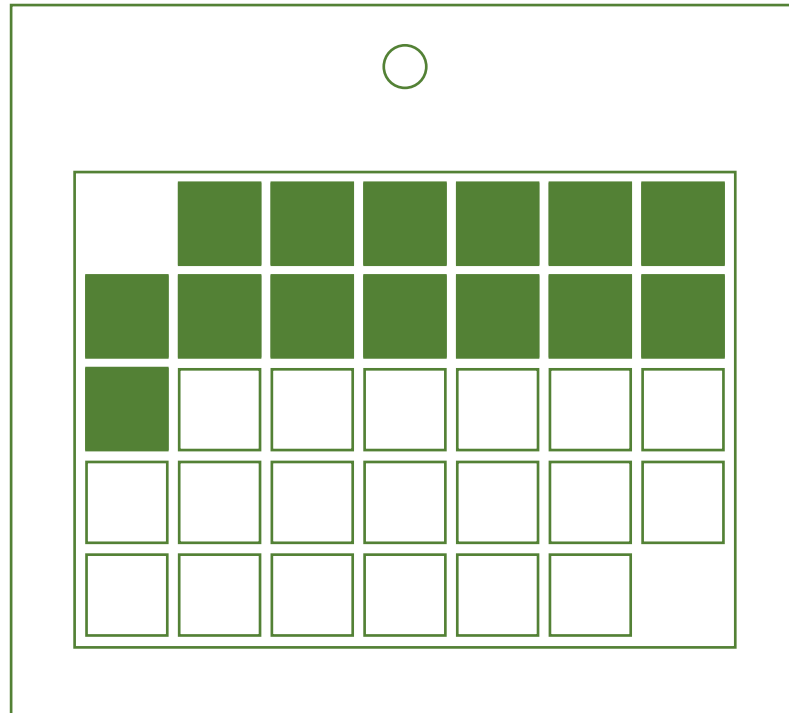


## Five Keys to Success

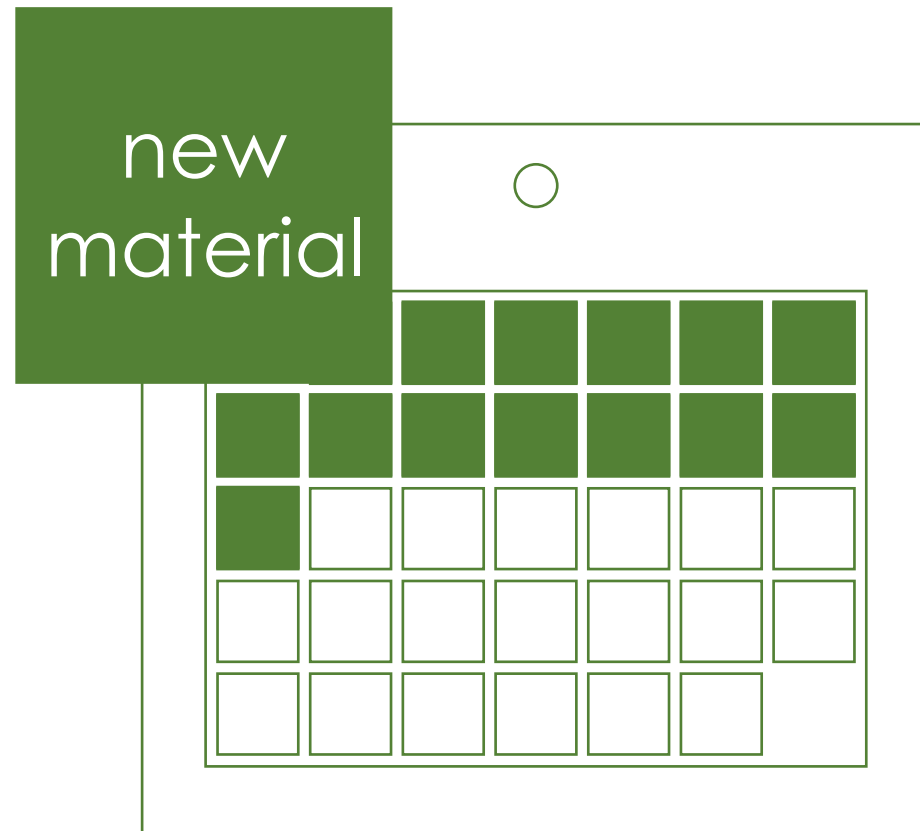
Focus on doing just a little  
bit each day



# 14 day training guide



each day there is a new section



rather than doing it all at  
once and just jamming  
through the course

spread it out over these 14 days,  
or even a little bit longer



## Five Keys to Success

Aim for consistency




See if you're able to do the practices  
at roughly the same time each day.



morning just after  
you wake up





evening, just before  
you go to bed

It's really different for each person  
but just finding what works for  
your schedule

and then seeing if you can be  
consistent each day

just get right back on track the  
next day



## Five Keys to Success

Bring the practices into your  
daily life



Learning to meditate is really about how we bring what we learn on the meditation cushion, or in the chair, into our daily life.

it's about how we're relating to  
the world

how we can have a better  
relationship to what happens in  
our life





# Five Keys to Success



Have fun



how we can have a better  
relationship to what happens in  
our life

A person wearing a dark puffer jacket and a black beanie sits on a wooden bench, viewed from behind. They are looking out over a body of water towards a large suspension bridge under a clear blue sky. The sun is low on the horizon, creating a warm glow. The scene is peaceful and contemplative.

Don't take this course too seriously.

# Five Keys to Success