Welcome to the 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.

So, I'm glad that you signed up, and I'm excited to get started.

Before we jump into the meditation practices, I want to make sure that you get the most out of this course.

So, in this video I'll be describing the Five Keys to Success.

Number one: Do the guided meditations. The videos in this course have everything you need in order to learn the fundamentals.

So, all you need to do is follow along with the guided meditations.

I really can't stress this one enough.

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

In order to really learn the skill of mindfulness, you just have to do the practices.

Number two: Focus on doing just a little bit each day.

This course is structured specifically as a 14 day training guide.

So, each day there is a new section, with new material.

So, rather than doing it all at once and just jamming through the course, really see if you can spread it out over these 14 days, or even a little bit longer, if you need the time.

Number three: Aim for consistency.

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

So, that can be either in the morning just after you wake up, or maybe in the 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.

If you miss a day, don't worry about it, just get right back on track the next day.

Number four: 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.

So, it's about how we're relating to the world, and how we can have a better relationship to what happens in our life.

So, as much as you can, see if you can apply the practices from this course to your daily life.

And finally, number five: Have fun. Don't take this course too seriously. Really use this course as a playground or as an exploration for getting to know yourself.

So, those are my Five Keys to Success in this course.

I'll see you in the next video.