

Learning How to Focus by Focusing on the Details of the Day

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Focus - Be in the Moment

[“...” = 3 second pause]

[“.....” = 5 second pause]

[start by reading in a normal- medium pace in a pleasant, teaching way of speaking]

One way to practice focusing is to focus intently on everything you are doing throughout your day.

I will guide you into a visualization about your day, and you are going to imagine it very clearly, as if you are going through a real day in your life.

When you see yourself doing the things you usually do, you will focus completely on the task at hand.

...

So, make sure that you will not be disturbed by anyone or anything for the duration of this session.

...

[speech slows just a little bit and becomes relaxing and calm]

Get into a very comfortable position, either sitting where all of your body is supported, so that all of your muscles can relax, or you can lay down flat on your back with your arms loosely relaxed at either side of you....

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So get into your position now and allow for your body to make any last movements before becoming completely still.

.....

Great.

...

You can decide that you want to go on this journey into improving your focus now.

.....

Keep your eyes open for a moment and just look around and see what you see...

Notice what is around you....

Look at where the light is coming from, is it dark or is it light?.....what do you notice that's in your view?.... what are the colors like?....

Are they bright or are they a little more subtle?....

Try to look at everything around without moving your head, only your eyes.....keep moving your eyes around to see different things around you.

.....

Then you can just let your eyes settle looking somewhere in front of you... let your eyes choose where they settle and fixate on comfortably.....

Just have your eyes open, looking at this point in front of you and I am going to count down from 10 to 1 and with each number I say you will very slowly close and open your eyes as if you were blinking in slow motion.

[speech becomes even slower and more relaxing now spoken with love]

10 slowly blink your eyes with each number...9...8....7...6...5...4...3...2...1...0...

Now you can allow your eyes to close, and keep them closed. And I will explain to you why you did that...

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That was to relax your eyelids, so that now there is a comfortable heavy sensation, or a pleasant feeling...

Allow your eyelids to become fully and pleasantly relaxed...

No body can do this for you, only you can do this.

.....

Good.

Take your time to relax your eyelids fully... allowing the feeling of relaxation that is in your eyelids to flow outward like little waves into the rest of your body... relaxing your face...think about relaxing your facial expressions...and relax your entire head...down your neck...relaxing your back and chest and abdomen...welcome this relaxing feeling down all the way to your legs and feet and entire body.

.....

Allow yourself to slow down a little bit, naturally....

Slow down even more... feel yourself slow down throughout this session, as we go along.

.....

Good.

...

I am going to count down again from 10 to 1 and with each number I say, feel yourself slowing down even more, and relaxing even further.

Counting now and letting yourself relax with each number I count.

10....9....8....7....6....5....4....3....2....1.....and 0.

[speech slows and becomes very relaxing and calm]

Now that you are very relaxed and comfortable, I wonder if you can imagine you are just waking up to start your day...

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Imagine that you are in your bed, and just getting up first thing after a long and restful sleep...

In your imagination, look around your room and notice what the sunlight is like, if you can see it...

Or perhaps there are some small lights on somewhere... just focus completely on how the light is when you first get out of bed.....

Get up out of bed in your mind, and go about your normal routine when you first get up....

Watch yourself in this visual and how you are focusing completely on whatever you are doing... See what things you are doing and concentrate on them ... see the things you usually see around your house, or wherever you are....

Hear the sounds that are familiar in your daily routine... concentrate fully on exactly what you are doing and feel the sensations that each task brings to your senses... and perhaps feel things around the room with your hands in your imagination....

Focus completely on your morning routine...

Let nothing else matter in your mind.

[Pause 10 seconds]

Now continue to the next thing you have to do in your day and make sure you are intensely in the moment of what you are doing in this visual... let your focus be completely about what the room looks like, and what items and furniture are around, you know exactly where everything is in this visual.

.....

And go on to the next thing happening in your day, focusing entirely on the moment of where you are going and how you are getting there...

Perhaps you are headed to work, so focus only on that now.....

See yourself traveling there the way you usually do, and talking to the people you usually see.....

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Focus on the conversations you have now, very intensely....

Really listen to the person speaking to you, concentrating on understanding everything they are conveying to you.....

The better you listen and focus, the more clearly you interact with others.

[pause 10 seconds]

Go though the rest of your day, focusing on everything you are doing in the moment you are doing it.

.....

Nothing distracts you in your imagination... you can concentrate very deeply here.

[pause 10 seconds]

It's time to head back home, so see yourself traveling the way you normally would, watching as the scenery changes as you make your way home.....

When you arrive, your house is warm and welcoming.... you tidy up things and clean a little bit with great focus and happiness to do so.....

It only takes a short time and your home is beautiful and there's nothing more that needs to be done because you have made it perfect.

.....

Lay down in your bed for just a little rest, you aren't going to sleep again, you just want to relax after a really good day spent focusing.

.....

[speech speeds up just a little bit from the slowest it was]

And as you rest and relax, hear yourself saying these positive affirmations about your ability to focus:

...

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Focus - Be in the Moment

"I am highly motivated throughout my day.

.....

I focus intensely on what I am doing, no matter what it is.

.....

I have great concentration during big tasks, and even more focus on little tasks.

.....

Focusing comes easily for me

.....

I am in the present moment when I concentrate on what I am doing, when I am doing it.

.....

Concentrating deeply is effortless for me.

.....

I have extreme focus, no matter what I am doing."

[pause 10 seconds]

Good.

.....

Now as I count up from one to 5, with each number I say you become more and more alert and ready to fully focus on every moment of your life...

1.....2.....3.....4.....and 5.

You are fully aware and able to concentrate on anything you put your mind to.

