

Using a Trigger for Mindfulness

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



The Awareness Trigger

One of the most difficult parts about practicing mindfulness is actually remembering to practice.

For this reason, an awareness trigger can help you form a habit.

You can incorporate this at multiple points throughout your day, experiment with different triggers, and use different methods of mindfulness with this exercise.

In the morning, pick one task or event that is likely to happen a few times during the day, for example, the sound of the phone ringing, the act of sitting down, or seeing the color red.

Picking one event or behavior, set a clear intention to use this as a trigger for mindfulness throughout your day.

Take a moment to connect with your goals and hopes for yourself, encouraging awareness during your day.

Whenever you notice your trigger, pause and practice a few moments of mindfulness.

Work with the breath, observing the points of contact.

After dedicating a few moments to present-time awareness, you can return to your daily life.

Using a Trigger for Mindfulness

Guided Meditation Script

Using a Trigger for Mindfulness

Remember to continue bringing awareness to the present moment whenever your trigger arises throughout the day.

