



DAILY MEDITATION-MINDFULNESS CHECKLIST

Taking time to care for yourself through mindfulness and meditation is a beautiful way to nurture your whole self. This checklist invites you to explore how meditation can support your emotional, spiritual, physical, and social well-being. Where can mindfulness bring more love and balance into your life?

EMOTIONAL WELL-BEING

How does meditation help you care for your heart?

- Create moments of stillness away from distractions (like your phone)
- Fully immerse yourself in activities that bring you joy
- Notice your feelings, allowing them to be without judgment
- Reflect on gratitude
- Celebrate your small and big wins mindfully

SOCIAL CONNECTION

How does mindfulness help you connect more deeply with others?

- Be fully present when listening to others, holding space for them
- Be intentional about spending time with those who fill your heart
- Be open to meeting new people
- Gently ask for support when needed, knowing it's an act of self-love
- Join community meditations or mindfulness circles for connection

PHYSICAL HEALTH

How does mindfulness help you care for your body with kindness?

- Embrace mindful movement, whether it's yoga, stretching, or walking
- Honour your body's need for rest and recovery with compassion
- Use your breath to release tension and stay grounded
- Wind down mindfully before bed
- Experience nature through walking meditation & grounding

SPIRITUAL CONNECTION

How does meditation deepen your connection to something greater?

- Meditate daily to reconnect with your true self
- Embrace the peace of nature and be fully present in its beauty
- Align your actions with your values, checking in through reflection
- Set aside quiet time for prayer or contemplation
- Engage with causes that resonate deeply with your heart
- Practice Metta, sending loving-kindness to yourself and others