



## The Mindfulness Meditation Institute

# Meditation Goal Statement Exercise

If you're serious about your meditation practice, then you'll make the commitment to practicing diligently and consistently. A goal statement is a powerful tool to help you stay on track. This exercise will make it easy for you to prepare your statement, and show you to use it for maximum effectiveness.

I have included a sample format. You can either simply fill in the blanks, or use it as a model for your own statement. The two most important elements of a meditation goal statement are: 1) What you will do, and 2) How long you will do it. Here are my suggestions for a successful meditation practice:

- **Practice sitting meditation regularly.** I recommend a minimum of twenty minutes per day to start. I suggest increasing the duration as you become able to sit longer. Use the meditation techniques outlined on our [website](#), or the [Quick Start to Mindfulness Meditation](#) CD.
- **Practice writing meditation regularly.** I would recommend at least ten minutes per day. Include your goal statement as part of the [writing meditation](#). You can do this at any time, though you'll probably see better results if you do it right before your sitting meditation session.
- **Attend a mindfulness meditation meeting regularly.** Meditating with others is essential to your spiritual development. I recommend attending at least one meeting per week, and that you get actively involved in the group.

If none of the meetings in your area focus on good mindfulness meditation techniques, then I recommend you start your own group. Our group starter kit makes this easy for you. You can download it from the [Resources](#) page of our website.

I should caution you to not make your goals overly ambitious. Otherwise, you'll never achieve them, and you'll get discouraged and quit. Make your goals realistically achievable, taking into consideration your commitments. Remember, you can revise them at any time.

Also, don't get upset if you have a minor lapse in your routine. Don't worry if you miss a day or two of practicing. Just do your best to stick to your goals. Here is a sample goal statement you can use. Simply fill in the blanks with the necessary information:

## **“My Meditation Goal Statement”**

*“I, \_\_\_\_\_ (your name) \_\_\_\_\_, realize that through a diligent mindfulness meditation practice, I will see an immediate and consistent spiritual transformation in myself.*

*For the next \_\_\_\_\_ (period of time, e.g. month) \_\_\_\_\_, I commit to practicing mindfulness meditation regularly. I will practice writing meditation for at least \_\_\_\_\_ minutes per day. I will practice sitting meditation for at least \_\_\_\_\_ minutes per day. I will also attend a mindfulness meditation meeting every \_\_\_\_\_ \_\_\_\_\_.”*

Remember to include this goal statement as part of your regular writing meditation exercise. In other words, copy your goal statement every time you do the exercise. This is a powerful way of imprinting it in your subconscious, making it much more likely that you will follow through on your goals.

I would also suggest you post your goal statement some place where you’ll see it often, such as the wall by your desk. This will help remind you of your commitment to yourself.

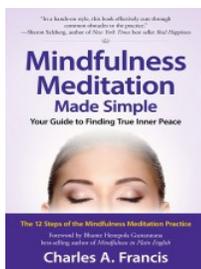
Once you have achieved these goals, establish new goals and revise your statement accordingly. You may want to increase the amount of time and/or frequency of each element.

At any time, you may decide that you want to establish some unique goals in your practice. For example, if you decide to start a mindfulness meditation meeting in your area, include that in your revised goal statement.

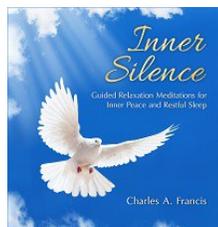
Remember, the purpose of your goal statement is to help keep you committed to your meditation practice, so that you keep moving forward on your spiritual journey.

Good luck with your practice!

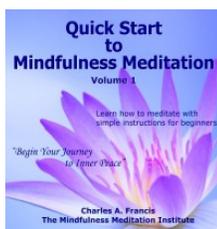
## Recommended Resources



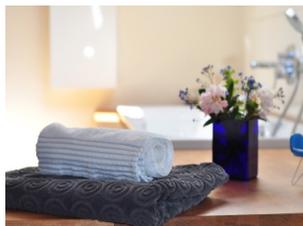
**Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace (paperback).** Learn how to transform your life and relationships through mindfulness meditation. Through clear and simple instructions and exercises, you'll gain a solid foundation of this time-tested ancient practice, and get the results you want. Available now on [Amazon.com](https://www.amazon.com).



**Inner Silence: Guided Relaxation Meditations for Inner Peace and Restful Sleep (audio CD).** Having trouble with stress, or sleeping at night? Then you'll love the peaceful meditations of *Inner Silence*. They'll gently guide you into a state of deep relaxation, so you can overcome stress and anxiety. They also will help you sleep better at night. Available on [Amazon.com](https://www.amazon.com).



**Quick Start to Mindfulness Meditation (audio CD).** This CD is ideal for beginning and experienced meditators who want to get more from their meditation practice. It gives you clear basic instructions of the mindfulness meditation practice; then shows you how to implement them through the guided meditations. Available on [Amazon.com](https://www.amazon.com).



**Mindfulness for Busy People online course.** Want to learn mindfulness, but short on time? You can now learn the practice from the leisure of your own home or on the go. The course is designed specifically for beginners with busy lifestyles and without a lot of time to sit in meditation. Free preview at <http://dld.bz/hcZra>.



**FREE Online Mindfulness Meditation Meeting.** Need help with your meditation practice? Come join us for an evening of peace, fellowship, and great discussion. In this member led group, you'll learn about mindfulness meditation and how to practice mindful living. Learn more at <https://mindfulnessmeditationinstitute.org/current-events/#meeting>.

All resources available at [MindfulnessMeditationInstitute.org](https://www.MindfulnessMeditationInstitute.org)