

Meditation for Beginners and Beyond



Learn How to Create a Daily Meditation Practice
and Enjoy the Wonderful Benefits

Course Workbook and Journal

www.LoriClemmons.com



HELLO I'M LORI CLEMMONS

Wellness Coach and Meditation Practitioner

My name is Lori Clemmons and I'm so excited to have you here. I am a Wellness coach and a Certified Meditation Practitioner, but more importantly, I've been meditating for several years and I'm super excited to be able to share this amazing tool with you.

I've found that meditation has been such an important part of my own wellness journey, having had many health challenges over the course of the last almost 30 years, going from homebound for many years, and at one point even bedbound, dealing with many different types of chronic infections, pain, multiple chemical sensitivities, chronic fatigue, and mold illness, to now living a full and very fulfilling life. If you'd like to hear more about me and my health wellness journey, my full story is [here](#) at my website. Meditation combined with neural retraining played such a big part in allowing me to reclaim my life, that I can't wait to share it with you in this course!



WELCOME

Congratulations for taking this opportunity to invest in yourself and in your own self care. In our current culture and society, it's so easy to get going so fast that we just don't prioritize taking care of ourselves mentally, emotionally and physically. When you take the time to invest in yourself through meditation, it allows you to slow down and relax. Too often we feel like we can only enjoy life when things slow down or when we meet a certain goal. When you establish a meditation practice, you'll find yourself better able to enjoy life in the moment, rather than feeling the pressure and stress of working to continually meet unrealistic standards.

SETTING GOALS

Before we get started, let's take a moment to think about some goals that you may have for your meditation. Staying focused on your goals can keep you motivated as you move through the course. Keep in mind these are goals, not rules, and not performance standards.

Some possible goals for your meditation time may be:

- quiet the outside world
- quiet your mind
- ability to self-regulate
- process difficult emotions
- create stillness
- presence
- create focus and attention

These are just a few ideas. Take a few moments to think about what you'd like to get from this meditation time. Write it down below so you can refer back to it later.



PREPARING FOR YOUR TIME

Take a few minutes to plan ahead for your meditation time.

Some things to think about may be:

- establish a consistent time, place
- make a commitment
- choose a good time of day
- prepare a comfy spot
- have a journal or this workbook
- let go of judgements or expectations

What are some things that you can do to set yourself up for success in your meditation time? Think through what will be the best time, what things you may need or want in your meditation space, or anything else that you can think of that will make this an enjoyable, relaxing time.



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CONGRATULATIONS!

Congratulations on finishing the Meditation for Beginners and Beyond Course. I'd love to hear your thoughts. Feel free to message me at Lori@LoriClemmons.com

I invite you to join me in my FB community, in my other courses, or in my private coaching. I'd love to be able to connect with you.

1:1 COACHING CALLS

If you're feeling stuck in your wellness journey, or would like some additional information on neural retraining, meditation, or any other coaching practice, I offer a free 30 minute discovery call. I'd love to be able to answer your questions. You can make an [appointment here](#).

JOIN MY OTHER COURSES

I hope you enjoyed this course and invite you to check out my other [courses here](#).

FACEBOOK COMMUNITY

Join my free [Facebook Community here](#) and connect with others.