

Customizable 10-Minute Morning Meditation Script

Step 1 - Welcome & Intention (1 minute)

Good morning. As you settle in, take a moment to acknowledge this fresh day-a brand-new slate.

Today's meditation will focus on: _____

By the end, you may feel: _____

Posture cue: Find a comfortable position. Sit in a chair with feet flat, or cross-legged on a cushion. Spine tall but relaxed.

Step 2 - Breath Awareness (2 minutes)

Notice your breath-no need to change it yet.

Breathing pattern:

Inhale for _____ seconds... Hold for _____ seconds... Exhale for _____ seconds.

If your mind wanders, gently bring it back to the breath.

Step 3 - Gentle Body Scan (3 minutes)

Shift awareness from your breath to the top of your head.

Move slowly down through:

- Forehead, eyes, jaw
- Neck, shoulders, arms, hands
- Chest, belly
- Hips, thighs, knees
- Calves, ankles, feet

Pause briefly at each point. Notice sensations without judgment.

Step 4 - Affirmation & Visualization (2 minutes)

Affirmation(s):

1) _____

2) _____

Visualization: Imagine _____

With each inhale, _____

With each exhale, _____

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Step 5 - Grounding & Daily Intention (2 minutes)

Gently move your fingers and toes, roll your shoulders.

Take one deep breath in and sigh it out.

Today's intention: _____

Carry this sense of _____ into your day.