



My Guided Meditation Script

A breath meditation to read aloud or record, in four parts, with a 3-minute version, a check-in and a week-long log. Wherever you see (pause), stop for a few slow breaths. If anything upsetting comes up, stop, open your eyes and ground yourself in the room around you.

01 Before you start

Take a moment to check in. There is no right answer. This is only so that you can see, later, how the session went for you.

How calm do I feel right now?

1 2 3 4 5 6 7 8 9 10

Not at all

Very

In a few words, what is on my mind?

02 Part 1: settling in

Sit or lie down so that you feel supported. Let your hands rest wherever they are comfortable. (pause) Close your eyes, or lower your gaze and rest it on one spot on the floor. (pause) Notice where your body meets the chair, the floor or the bed. Let it take your weight. (pause) For the next few minutes, there is nothing to fix and nothing to get right. You are only going to notice your breathing. (pause) Take one slow breath in through your nose, and let it out through your mouth, as slowly as you like. (pause) Now let your breathing go back to its own rhythm. You do not need to change it.

How did settling in feel?

03 Part 2: following the breath

Find the place where you feel your breath most clearly. It might be the tip of your nose, your chest or your belly. (pause) Rest your attention there. Feel the air come in. (pause) Feel it pause for a moment at the top. (pause) Feel it go out. (pause) You do not need to make it deeper or slower. You are watching it, the way you might watch waves come in. (pause) If it helps, you can count silently: one on the breath in, two on the breath out, up to ten, and then start again. (pause) Stay with the breath for a few minutes. Take your time.

Where did I feel my breath most clearly?

04 Part 3: when your mind wanders

At some point, your mind will wander. It might go to a plan, a worry, a memory or a sound. That is what minds do. It is not a mistake. (pause) When you notice that you have drifted, quietly say to yourself, 'wandering'. (pause) Then gently bring your attention back to the next breath. You do not need to be cross with yourself or start over. (pause) Noticing, and coming back, is the practice. You can do it as many times as you need to. (pause) Keep going like this, returning to the breath each time. (pause)

Where did my mind tend to go? (plans, worries, memories, sounds)

05 Part 4: coming back

Now let go of the focus on your breath. (pause) Notice your whole body, sitting or lying here. (pause) Notice the sounds in the room around you. (pause) Take one slower breath in, and let it out. (pause) When you are ready, move your fingers and toes. Stretch if you want to. (pause) Open your eyes, or lift your gaze. Take a moment before you get up. Thank yourself for taking the time.

How did it feel to come back?

06 The 3-minute version

For a busy day. Sit comfortably and close your eyes, or lower your gaze. (pause) Take one slow breath in, and let it out. (pause) Let your breathing find its own rhythm. Find the place where you feel it most, at your nose, chest or belly, and rest your attention there. (pause) Follow a few breaths in and out. (pause) When your mind wanders, say 'wandering' to yourself and come back to the next breath. (pause) Keep going for a minute or two. (pause) Now notice your whole body, and the sounds around you. Take one more slow breath. (pause) Open your eyes.

Today I used:

- ☐ The full script
- ☐ The 3-minute version
- ☐ My own recording

07 Afterwards

There is no right result. A session where your mind wandered the whole time still counts as having done it.

How calm do I feel now?

1 2 3 4 5 6 7 8 9 10

Not at all

Very

What did I notice? (in my body, my breath, my thoughts)

Anything I want to do differently next time (the time of day, my position, the pace of the pauses):

08 My 7-day log

Try it once a day for a week if you can, at a time you are unlikely to be interrupted. Short or imperfect sessions still count. There is nothing to fill in on days you skip.

When you're done, a moment to reflect

- What was it like to be told what to do, line by line, compared with sitting in silence?
- How many times did your mind wander, and what did it wander to most often?
- What time of day and which position suited you best?
- Did you prefer reading the script or hearing your own recording? Why might that be?
- What would make it easier to do this again tomorrow?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/guided-meditation-script



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.