KINDRED BEAUTY THERAPY

1. Click “File” on your computer or “ ⋮ ” on your phone
2. Click “Make a copy” and edit for what works for you!

🌿 Kindred Beauty – Beginner’s Meditation Menu & Tracker 🌿

Start small. Stay consistent. Feel the shift.

My favourite meditation app is called Balance! I’ve included a referral link at the bottom! 💗

🧘 1. Choose Your Meditation Style:

Try one or rotate them throughout the week:

- **Focused breathing** – Count your breath or follow 4-6 breathing.
- **Body scan** – Gently notice and relax each part of your body.
- **Walking meditation** – Pay close attention to your steps, surroundings, and breathing.
- **Gratitude** – Think of 3-10 things you’re grateful for, big or small, and breathe them in. *e.g. your wonderful home / the aroma of your morning coffee – big or small!*
- **Visualisation** – Picture a peaceful place, your perfect day, or calming light.
- **Swimming meditation** – Use the rhythm of your strokes to anchor your mind.

🕑 2. Pick Your Daily Time Target:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☘ 3 mins	☘ 5 mins	☘ 10 mins	☘ 3 mins	☘ 5 mins	☘ 10 mins	☘ Your choice!

(Tick off your sessions each day – even a single mindful breath counts!)

📅 3. Weekly Reflection (tick if true):

☐ I found a time that works for me
☐ I tried a new meditation style
☐ I noticed a shift in my mood or energy
☐ I reminded myself that thoughts are part of the process
☐ I showed up, even if it wasn't perfect

💡 Tips for Success:

- Set a timer so you're not clock-watching ⏱️
- No judgment — a busy mind is totally normal
- Link it to an existing habit (e.g. after brushing teeth)
- Keep your setup super comfy — bed, chair, or bath included
- Celebrate your consistency, not your stillness 🎉

I've been using Balance to improve my sleep, stress, mood and more. Want to try it, too? They're offering a free trial to all new members. https://balanceapp.com/referral-social