



## FEELGOODX 8-PHASE MEDITATION



Daily meditation is a life-changing experience.

Choose a calming environment, sit in a comfortable position, close your eyes, and take deep breath. With gentle relaxation of your physical body, move your focus to your body, part by part, and relax each section as you go.



### 01 NAVY SEAL BOX BREATHING TECHNIQUE

Inhale for a count of five, hold for a count of five, exhale for five, and hold for five. I count to about 60 before moving to the next step.



### 02 REFLECT ON WHO I AM, MY PERSONAL ETHOS

A key element is authenticity. Knowing who I am, where I stand on morality, and why I stand there is an essential step toward making better choices.



### 03 CONSCIOUSNESS

See myself for what I am, a piece of consciousness directly connected to every other life.



### 04 WHAT AND FOR WHOM AM I GRATEFUL?

Bring to mind big or small things or people I am truly grateful for. Express gratitude for those things and feel this gratitude vibrate all throughout my body.



### 05 FORGIVENESS

Who have I had conflict with? Imagine that person in front of me and apologise for any wrong that I brought to them. Ask for forgiveness. Forgive any wrong that they brought to me. Feel the feeling of forgiveness all throughout my body.



### 06 DAILY INTENTIONS

Who can I reach out to and serve or think about today? I visualise myself living the best version of today. I make it as vivid as possible in emotions of joy, excitement, and gratitude. This prepares my mind with purpose and a winning mentality.



### 07 MY PERFECT FUTURE

What is my purpose? I mentally tell myself all the different aspects of my life as I want them to unfold for a better life.



### 08 BLESSINGS

I call on my inner strength and higher power that I believe in and ask for energy, support, and blessings to make my dreams/purposes come through. Feel this support and energy all around me with positive/protective energy embracing me.

Bring myself slowly out of meditation within 2-3 minutes.