

CouRage Challenge 6: Pick a date, meditate

You've got the tools, and no rules (unless you choose Zen meditation of course). Pick a day and try out a type of meditation.

If it's your first time, try a guided meditation on YouTube or a meditation app, where a calm voice guides you through a meditative journey. Try as many as you like and add your favourites to your daily life. Even 5 minutes a day of meditation can be beneficial.

Date 1 (DD / MM / YYYY)

Type of meditation 1

Date 2 (DD / MM / YYYY)

Type of meditation 2

Date 3 (DD / MM / YYYY)

Type of meditation 3

Date 4 (DD / MM / YYYY)

Type of meditation 4

Tools I want to try

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- [ ] *I did it! I CouRaged!* **Date**

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