



# HEALTH AND WELLBEING CHECKLIST

Date 

60

## Your Dedicated Meditation Space

A dedicated meditation space enhances focus and relaxation. Use this checklist to set up a peaceful environment for mindfulness.

### Choose a Quiet Spot

- Find a location free from noise and distractions to foster concentration.
- Example: A corner of your bedroom, a balcony, or any secluded area where you won't be interrupted.



### Declutter the Area

- Clear unnecessary items to create a clean and calming space for meditation.
- Tip: Keep only essential and meaningful items in the space to avoid visual distractions.



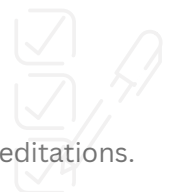
### Add Comfortable Seating

- Use a cushion, chair, or yoga mat to ensure a relaxed and supportive posture.
- Tip: Opt for ergonomic seating to minimise discomfort during longer meditation sessions.



### Incorporate Soft Lighting

- Use candles, dim lights, or a salt lamp to create a soothing ambiance.
- Tip: Adjust the lighting to match your preference for either early morning or evening meditations.



### Include Calming Scents

- Add essential oils, incense, or scented candles to promote relaxation.
- Example: Lavender or sandalwood are excellent choices for calming the mind and body.



### Play Relaxing Sounds

- Use a white noise machine or play calming music to block out external distractions.
- Tip: Experiment with nature sounds like rain or ocean waves to enhance your meditation.





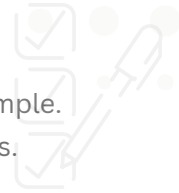
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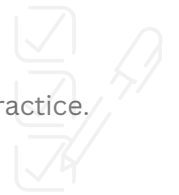
### Decorate Minimally

- Add plants, crystals, or meaningful objects to personalise the space while keeping it simple.
- Tip: Use colours and items that evoke a sense of peace, like neutral tones or soft fabrics.



### Keep Meditation Tools Nearby

- Store items like a journal, mala beads, or timers within easy reach to streamline your practice.
- Tip: Use a small basket or shelf to organise tools without cluttering the space.



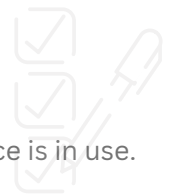
### Ensure Proper Ventilation

- Open windows or use a fan to maintain fresh air circulation and comfort.
- Tip: Add an air purifier if the space lacks natural airflow or has allergens.



### Establish Boundaries

- Let others know the space is for quiet reflection and mindfulness.
- Tip: Use a sign or subtle indicator, like closing a door or curtain, to signal when the space is in use.



### Refresh the Space Regularly

- Clean and reorganise occasionally to maintain its tranquillity and appeal.
- Tip: Rotate decorative elements or scents to keep the space feeling fresh and inviting.

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