

***TIPS FOR
STICKING TO
YOUR DAILY MEDITATION
ROUTINE***



Let's face it, picking up new habits, and sticking to them, can be hard. Although change is constant, it can be difficult to go through the process. The same goes for creating and sticking to a meditation routine. Although the benefits of meditation are clear and well-researched, it can be hard to stick to a routine. Resistance shows up in various ways, making it hard to follow through with set goals. To help you stay dedicated to your practice, we're giving you tips that'll make your practice easy to follow. First, let's examine some forms of resistance to meditation.

Common Forms of Resistance to Meditation

1. No Time: The excuse of "I don't have the time" is common when people think of meditating. The reason for this is that there's a common misconception of what meditation is supposed to look like. As we move along, you'll discover that you do, in fact, have time.

2. Monotonous: Monotony can be frustrating; this also applies when we repeat the same meditation practice day after day. It may sound contradictory, but it's a good idea to switch up your meditation practice. Some days you may try focused attention meditation, other days you may try visualisation. If one practice doesn't resonate with you, don't be afraid to try a new form.

3 No motivation: Sometimes lack of motivation causes people to either not establish a routine or drop it. However, you'll find that your greatest motivation resides in you. In this case, discipline plays a major role.

4 Not meeting expectations: Many people dive into meditation practices with high expectations. A common expectation is seeing immediate results. When such expectations are not met, there's the tendency to drop or forget the practice.

Overcoming Resistance to Daily Meditation

Now that we've examined common resistance patterns to meditation, here are ways to help you overcome them. Here are 6 tips for sticking to your meditation routine:

Meditate in Groups

Group meditations are a great way to stay motivated and accountable. You can have accountability partners to help you stay dedicated to your practice. Meditating in groups also creates a form of positive peer pressure that'll motivate you to stick to your practice [\[1\]](#). You can either look up groups online or create one yourself.

Introduce Variety

Trying out various forms of meditation will establish which feels best to you. Some of the common types of meditation practices include [\[2\]](#):

1. Chanting or mantra meditation
 2. Mindfulness meditation
 3. Focused meditation
 4. Visualisation
 5. Movement meditation
- etc.

Set a Schedule that Works for You

Never force yourself to adopt another person's routine. If you do this, you'll most likely give up on your practice or feel frustrated. Get comfortable with setting a time that works perfectly for you. The great thing about meditation is that you can practice it at any time and anywhere. For instance, you can engage in mindfulness practices while doing laundry, washing dishes or in the office.

Use an Application

Using a dedicated meditation application can help you stick to your routine. If you struggle with meditating on your own or whenever you're not meditating in groups, an application can be helpful. Using an application can help you hold yourself accountable. It also serves as motivation especially when you maintain streaks.

Pair it with a Regular Daily Habit

There are certain daily activities that we do without thinking twice. Some of these activities include brushing, taking a shower and for some people, exercising. If you struggle with sticking to your meditation routine, pair it with a habit. For instance, you can make a note to always meditate 15 minutes before your workout routine or taking a shower.

Check in with Yourself

Pay attention to the changes you experience due to your meditation practice. Whether that's a shift in your thought patterns or physical changes, always pay attention. Checking in with yourself helps you see the benefits you enjoy from daily meditation.

Conclusion

There are many forms of resistance that can prevent you from sticking to your meditation routine. However, you have the power to overcome these forms of resistance. By letting go of certain expectations and applying the tips mentioned, you can stay motivated to stick to your routine.

References

- [1] Crane, K. (2016, November 15). [8 Ways to Stick to Your Meditation Routine](#). US News and World Report
- [2] Mindworks Org. (n.d.). [What are the Different Types of Meditation?](#)