

# WRITE YOUR OWN GUIDED MEDITATION

FILL OUT THIS OUTLINE WITH DETAILS TO IMAGINE DURING YOUR SELF-GUIDED MEDITATION. THEN, CLOSE YOUR EYES AND IMAGINE ALL OF THESE DETAILS!

WHERE  
ARE YOU:

HOW YOU  
FEEL WHEN  
YOU ARE  
THERE:

WHAT DO YOU SEE, HEAR, AND SMELL WHEN YOU ARE THERE?

WHAT DO YOU FEEL WITH YOUR SENSE OF TOUCH?

HOW DO YOU CONNECT TO NATURE WHEN YOU ARE THERE?