



Thometz  
Life Coaching

## Mind Dump Meditation

Many people find it difficult to meditate because their minds are swirling with things-to-do lists, worries and concerns, and other random thoughts. Before we begin the meditation, please clear your mind by dumping your thoughts below.

The first column is for all the stuff you need to get done. The second column is for things you are worried or concerned about. As worrying is not productive, you can choose to view your worries as opportunities to send your good thoughts and energy. The last column is for you to write down things you are grateful for and to record insights that may come to you during your meditation.

Since the brain is active 24/7 you are going to have thoughts flowing in during your meditation. The key is to let them flow out again without you following them. For example, if you're hungry, and you want a hamburger, that's okay. But if you follow that thought to how you're going to get a hamburger, perhaps at McDonald's or Steak and Shake, or you start to think about buying a cattle ranch and sending your steers to slaughter, to get that hamburger, then you're not meditating.

So begin by filling out the worksheet, get comfortable, set a timer for 5 minutes, close your eyes, take three deep breaths, and off you go!

Things To Do

Concerns/Opportunities

Gratitude

Solutions/Breakthroughs