Three-month meditation calendar– to monitor your own practice

Day	1st Month	1st Month	2nd Month	2nd Month	3rd Month	3rd Month
	Minute/Day Meditation	Minute/Day Mindfulness	Minute/Day Meditation	Minute/Day Mindfulness	Minute/Day Meditation	Minute/Day Mindfulness
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2						
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6						
7						
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It is better to set aside 15 minutes for practice and stick to it than to set aside 30 minutes and stop meditating after 20 minutes.
It is important to learn to rely on yourself.
15, 25 or 45 minutes are ideal practice times.