



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Exercise Motivation

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Exercise is essential to good health and to weight loss. Once you are in the zone and motivated to exercise, you may actually look forward to each workout, knowing how good you will feel once it's done. But how do you get that motivation in the first place and keep it once you have it?

The trick to exercise motivation is to keep the enthusiasm long enough to realize the benefits you want from exercise. When you reach that stage, you won't have to search for motivation any longer. The benefits of exercise will simply be too good to give up! You may start out with great enthusiasm but give in too soon. So how can you become someone whose daily routine includes exercise? The answer is to get to the point where you exercise without thinking about it – where exercise is as much a part of your lifestyle as is showering and brushing your teeth in the morning. The motivation to exercise needs to be part of your subconscious mind. When it is, you will no longer struggle to get yourself out for a run or down to the gym for a workout.

Find a comfortable place to relax. It could be in your bed or in a nice comfortable chair. Turn off all phones or anything that could distract you and of course never listen to this meditation while driving or operating any machinery as it could make you very drowsy. You may hear ocean sounds or different sounds from nature and these are integrated to take you into a deeper state of relaxation. It is best to use headphones to listen to this meditation to be able to hear all the subtle sounds.

If you are given suggestions that don't work for you or match what you are thinking, such as..... I say you are in a garden but you feel like you are in a mountain meadow..... you can just change that part to what you want in your own mind as you let my voice fade into the distance and it will work out the same way... It's more important that you just let your mind go and relax ...
Let's begin with meditation.

Close your eyes.

Take a **deep breath** in now, hold it for 5 seconds and then release it with a **big sigh**
Release any tension accumulated from your day with another big breath and a sigh.

Now breathe very slowly into your abdomen.

Place your hands there and feel your stomach rising and falling with each breath.

As you breathe in, allow your abdomen to rise, and as you breathe out, let it fall.

Focus all your attention now on your breathing.

That's right

Keep the breath moving in and out of your belly and keep your chest still

In, and out

Breathing **slow and deep**.

Breathe in **relaxation** and breathe out tension and stress.

Maybe you can feel yourself drifting in to a more relaxed state of being now

As you feel a **warm wonderful sensation of relaxation** in your body, you can allow all the tension to just **float away, drift away**