**MOTIVATIONS FOR MEDITATION**

The intention with this document is to investigate what motivates me to want to practice meditation; secondarily, what can I do to develop and sustain a daily meditation routine, and finally, how I can integrate the mindfulness gained from formal meditation practice into a beneficial lifestyle.

***Why do I practice meditation? What benefits come from this practice?***

***Ways I can commit to and realize the benefits from formally practicing meditation daily:***

***Ways I can integrate the benefits from formal meditation practice into daily life routines:***