

# FLOURISH & BLOOM

## You can meditate!

Your easy guide to getting started

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### Just do it.

Try out a short meditation, right now:

5-Minutes: [bit.ly/fiveminmed](https://bit.ly/fiveminmed)

10-Minutes: [bit.ly/10mincheck](https://bit.ly/10mincheck)

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### Make it a habit.

Remember, all the amazing benefits of meditation come with regularity. Sitting or lying down to meditate daily, even for a few minutes, is what matters.

So keep meditating for 5-10 minutes every day. Use the links above, or try out an app like Headspace or Calm.

Or, once you get the hang of it, just set a timer and sit quietly.

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### Don't Hate: Celebrate.

Don't worry if you're doing it right. You are. Celebrate the fact that you're showing up. Reflect on your progress. Notice what's changing.

## More support...

### Need convincing?

Read: [bit.ly/whymed](https://bit.ly/whymed)

### Like lots of details?

Read: [bit.ly/sittingmed](https://bit.ly/sittingmed)

### Want a guide?

Work with me!  
[katiedutcher.com/coaching](https://katiedutcher.com/coaching)

Take a class!  
[montereybaymeditation.com/calendar](https://montereybaymeditation.com/calendar)

### Really wondering if you're doing it right?

Check out [bit.ly/medmisconceptions](https://bit.ly/medmisconceptions)

# Okay, I'm meditating!

## Now what?

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### Mix it up. (If you want.)

When you've been at this for a while, you can start to branch out...

Extend the time.... 15 minutes... 20 minutes...

Try morning AND evening. (Or lunchtime!)

Explore new guided meditations with different topics and teachers.

If you've been doing guided meditations, try silent meditation.

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### Deepen your understanding.

Read books about mindfulness and meditation.

Join a group. Form a community.

Ask questions. Have discussions.

Get coaching, find a teacher online or in your area.

### More resources...

#### Guided meditations

[bit.ly/YouTubeFlourish](https://bit.ly/YouTubeFlourish)

[bit.ly/YouTubeMBMS](https://bit.ly/YouTubeMBMS)

#### Great books

[katiedutcher.com/resources](https://katiedutcher.com/resources)

## Get in touch!

I'm Katie Dutcher. I love meditating, being outdoors, and talking about things that matter.

I would love to support your journey!

Email me at [hello@katiedutcher.com](mailto:hello@katiedutcher.com) to say hi, get more info, or to explore working together!

Read about me at [katiedutcher.com/about-katie/](https://katiedutcher.com/about-katie/)  
Hear about my journey at [bit.ly/kdjourney](https://bit.ly/kdjourney)

