

THE CENTERED MUSICIAN



Mindfulness & Meditation Planner for Musicians

MANUEL BON



How to Use This Planner:

This planner is designed to help you integrate mindfulness and meditation into your musical routine. Each section provides space for reflection, goal-setting, and tracking your progress. Use it daily or weekly to stay consistent and deepen your awareness. You can print each page to keep track of the progress and reflections.

Daily Meditation & Mindfulness Log

Date: _____

Meditation Type: (Breath Awareness, Body Scan,
Visualization, Focused Listening, Mindful Playing, etc.)

Duration: _____ minutes

How did I feel before the session?

How did I feel after the session?

What did I notice during the session? (Thoughts, sensations,
emotions, insights)

How will I apply this mindfulness to my musical practice
today?

Weekly Reflection & Progress Tracker

Week of: _____

Total Meditation Time This Week: _____ minutes

Biggest Mindfulness Insight This Week:

Challenges I Faced in Staying Present:

How Did Mindfulness Affect My Playing This Week?

One Goal for Next Week's Meditation Practice:

Pre-Practice Centering Checklist

- ☐ Did I take a moment to breathe before playing?
- ☐ Did I check my body for tension?
- ☐ Am I fully present with my instrument?
- ☐ Am I aware of my breath while playing?
- ☐ Am I listening deeply to each note?

Pre-Performance Mindfulness Prep

Performance Date & Time: _____

Intentions for this Performance:

Mindfulness Techniques I Will Use Before Going On Stage:

- ☐ Deep breathing
- ☐ Visualization
- ☐ Grounding (feeling my feet, body awareness)
- ☐ Positive self-talk
- ☐ Other: _____

Post-Performance Reflection:

30-Day Mindfulness Challenge for Musicians

Try one mindfulness activity each day and check it off when completed!

- ☐ Day 1: 2-minute breath awareness before playing
- ☐ Day 2: Body scan before practice
- ☐ Day 3: Play a simple scale mindfully, focusing on each note
- ☐ Day 4: Deep listening exercise—focus on all the sounds in a recording
- ☐ Day 5: Practice in silence, noticing sensations instead of sounds
- ☐ Day 6: Write down your musical intentions before practice
- ☐ Day 7: Take five deep breaths before picking up your instrument
- ☐ Day 8: Spend 5 minutes doing mindful stretching before playing
- ☐ Day 9: Play a familiar piece with complete awareness of each note
- ☐ Day 10: Meditate for 3 minutes focusing only on your breathing
- ☐ Day 11: Focus on the sensations in your fingers while playing
- ☐ Day 12: Close your eyes while playing to heighten your listening
- ☐ Day 13: Reflect on how mindfulness has affected your music so far
- ☐ Day 14: Play something new with full presence and openness
- ☐ Day 15: Practice in a different environment and notice how it feels

- Day 16: Journal about how mindfulness has changed your playing
- Day 17: Listen deeply to a recording and observe its emotional effect
- Day 18: Try silent meditation before a difficult practice session
- Day 19: Experiment with mindful breathing while performing
- Day 20: Play freely without judgment, just enjoying the sound
- Day 21: Meditate for 5 minutes focusing on your instrument's vibrations
- Day 22: Visualize yourself playing with confidence before practicing
- Day 23: Reflect on a time you felt deeply connected to your music
- Day 24: Spend time in nature, noticing sounds and rhythms
- Day 25: Play a piece focusing only on the phrasing and breath
- Day 26: Meditate for 5 minutes before bed and reflect on your practice
- Day 27: Notice how tension and relaxation affect your playing
- Day 28: Play a slow piece as if it were a meditation
- Day 29: Experiment with improvisation while staying mindful
- Day 30: Reflect on the past month—how has mindfulness impacted your music?

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.



Closing & Next Steps

Mindfulness is a journey, not a destination. Use this planner as a tool to keep yourself accountable and notice how meditation transforms your relationship with music. Keep experimenting, stay present, and most of all: enjoy the process!

Stay connected with ***The Centered Musician*** for future resources, tips, and a deeper dive into meditation practices designed specifically for musicians.



Meditation is a journey. Don't worry about 'doing it right'. Just showing up for a few mindful moments each day can create lasting benefits in your music and life.

A watercolor illustration of a piano keyboard, rendered in shades of blue and white. The keyboard is the central focus, with several musical notes floating around it. In the corners, there are delicate drawings of flowers and leaves, adding a soft, artistic touch to the composition. The background is a light, textured blue.

Follow ***The Centered Musician*** on Instagram for more tips
and insights!

Stay mindful, stay musical!