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**

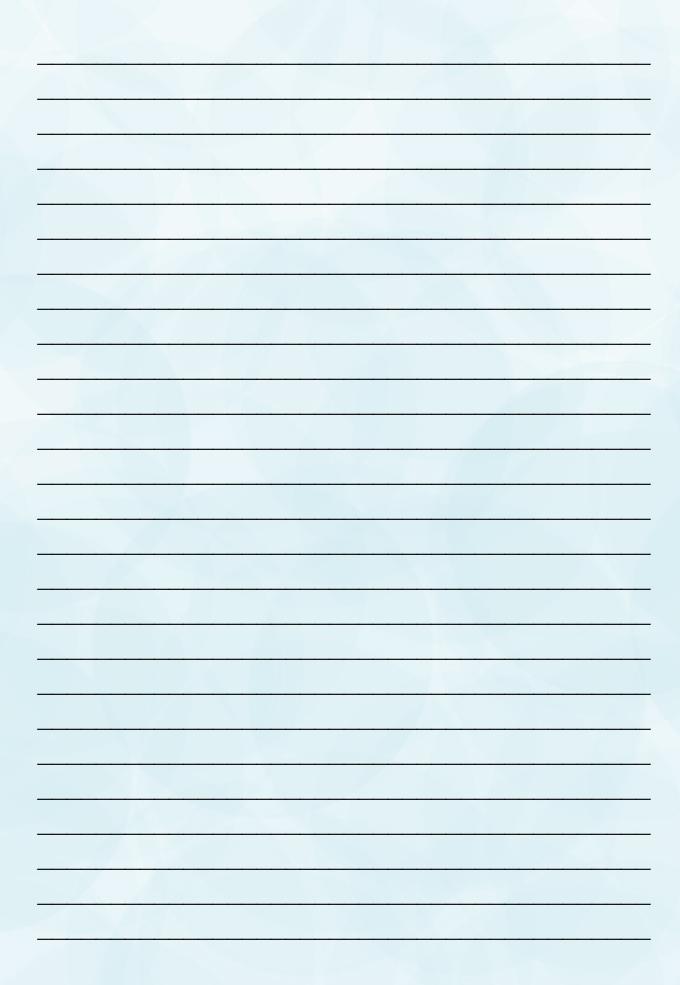
□ Did I take a moment to breathe before playing?
□ Did I check my body for tension?
□ Am I fully present with my instrument?
☐ Am I aware of my breath while playing?
☐ Am I listening deeply to each note?
Pre-Performance Mindfulness Prep
Performance Date & Time:
Intentions for this Performance:
Mindfulness 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 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
$\hfill\square$ Day 19: Experiment with mindful breathing while performing
$\hfill\square$ Day 20: Play freely without judgment, just enjoying the sound
$\hfill\Box$ 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
$\hfill\Box$ Day 25: Play a piece focusing only on the phrasing and breath
$\hfill\Box$ Day 26: Meditate for 5 minutes before bed and reflect on your
practice
$\hfill\square$ Day 27: Notice how tension and relaxation affect your playing
□ Day 28: Play a slow piece as if it were a meditation
$\hfill\square$ Day 29: Experiment with improvisation while staying mindful
□ Day 30: Reflect on the past month—how has mindfulness
impacted your music?

### 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.

