

MAGNETIC MOXIE

QUIK QUIZ FOR RELAXATION MEDITATION

Step 1. Did you know meditation is mindful focus to guide the brain and/or body to be still or contemplative?

- Yes No

Step 2. Do you currently meditate based on the meaning in Step 1?

- Yes No

Step 3. What is your familiarity with meditation as a form of self-care on a scale of 1-10?

1 2 3 4 5 6 7 8 9 10

1=Never tried and 10=Daily

Step 4. Which type of meditation product(s) you have heard of or used before?

- | | |
|---|--|
| <input type="checkbox"/> Ambient music | <input type="checkbox"/> Guided visualization |
| <input type="checkbox"/> Binaural beats | <input type="checkbox"/> Solfeggio frequencies |
| <input type="checkbox"/> Nature sounds | <input type="checkbox"/> Isochronic tones |
| <input type="checkbox"/> None | |

Step 5. Which factor(s) hinder you from setting aside 5 minutes or longer in a day to meditate?

- | | |
|---|---|
| <input type="checkbox"/> Not enough privacy | <input type="checkbox"/> Too much noise/light distraction |
| <input type="checkbox"/> Haven't found the right method | <input type="checkbox"/> Not motivated enough |
| <input type="checkbox"/> Don't believe it will work | <input type="checkbox"/> Other: _____ |

Step 6. What health benefit(s) are you seeking from regular relaxation meditation?

- | | |
|--|--|
| <input type="checkbox"/> Reduced anxiety | <input type="checkbox"/> Less depression |
| <input type="checkbox"/> Curbed addictions | <input type="checkbox"/> Better manage eating disorders |
| <input type="checkbox"/> More energy | <input type="checkbox"/> Minimize PTSD & ADD |
| <input type="checkbox"/> Help healing traumatic brain injury | <input type="checkbox"/> Lower blood pressure |
| <input type="checkbox"/> Major stress reduction | <input type="checkbox"/> Less internal/external conflict |
| <input type="checkbox"/> Chi/energy flows freely | <input type="checkbox"/> Better dietary habits |
| <input type="checkbox"/> More enjoyment with exercise | <input type="checkbox"/> Feeling good in your own body |
| <input type="checkbox"/> More patience for annoyances | <input type="checkbox"/> Fall asleep easier |
| <input type="checkbox"/> More restful dream states | <input type="checkbox"/> Less chronic fatigue |

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Step 7. Did you know counting down from 100 is a meditation practice?

- Yes No

Step 8. Which relaxation activities could you start today along with meditation?

- | | |
|--|--|
| <input type="checkbox"/> Be thankful just because | <input type="checkbox"/> Stop watching the news |
| <input type="checkbox"/> Take epsom salts baths | <input type="checkbox"/> Drink plenty of water to flush toxins |
| <input type="checkbox"/> Get some form of exercise | <input type="checkbox"/> Avoid negative people |
| <input type="checkbox"/> Take breaks from social media | <input type="checkbox"/> Walk barefoot around the house |
| <input type="checkbox"/> Lay on the grass/hug a tree | <input type="checkbox"/> Observe the beauty of nature |
| <input type="checkbox"/> Dedicate some me-time | <input type="checkbox"/> Learn something new |

Meditation can help you keep toxic situations and relationships out of your life. By practicing relaxation alone you will choose a more peaceful environment & experience many major wellness benefits.

Step 9. Which email/internet suggestion(s) could lessen anxiety for you?

- Always check your Spam folder along with Inbox
- Deliberately whitelist folks you want to hear from
- Clean your Inbox & clear your Spam folder monthly
- Unsubscribe from mailing lists when uninterested
- Keep your anti-virus up to date
- Write emails with a smile :) or a smiley at the end

This is a useful tip list to see how relaxed you are around email and online communication. The internet is a major part of many people's lives and a necessity for most. The problem is some folks see too much negativity and are bombarded with ads they don't want or like while searching for what they do like. This creates a subtle resistance energy that slowly sucks the life out of you and keeps you from enjoying the benefits.

Step 10. Step 6. What information did you discover when filling out this form that more clearly identifies your situation, needs and solutions?
