

5 ways to make your meditation practice stick

1. Explore different meditation techniques

There are as many different ways to transcend in meditation as there are people in the world. Find what works best for you, whether through the help of a teacher, a book, or by simply exploring the subtle moments in your day-to-day life that bring a calm sense of clear awareness to you.



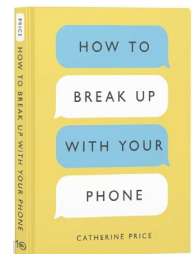
2. Use Environmental Cues

There are a variety of triggers that you can put in place to associate with meditation time. It is very useful to pick a special spot where you always go to for meditation, stick to a regular schedule based on the time of day or other activities. It can be helpful to use a meditation app or a nifty chime timer that helps put you at peace knowing that you will always meditate for the amount of time you intend to. Among many others, I especially like the Time Timer brand which makes a variety of visually helpful timers that can be bought from various online vendors.



3. Break up with your phone

In this case, 'breaking up' simply means putting it in its rightful place. To get a handle on just how your phone may be harming your ability to focus and meditate, and how to take better control over your attention, I highly recommend the free 7-day challenge at phonebreakup.com. It provides a step-by-step outline for how to have a healthier relationship with your main piece of personal technology. A more detailed approach can be found in '*How to Break Up with Your Phone*' by Catherine Price.



4. Use the power of community



There are so many groups who meet regularly for meditative and prayerful practices. Do a search for local meditation groups online on MeetUp.com, Google, or Facebook. Some yoga studios, temples or churches also have regular meditation times which are open to the public freely or on a donation basis. If you can't find an existing group that really resonates with you, why not start your own group?

5. Have an accountability partner

This is similar in the effect that community groups have except that having a dedicated partner can help create more of a system of personal accountability for those of us who respond well to the individual focused attention of others in order for us to get things done.



Besides the many teachers and friends out there in the world that can help keep you accountable, there are some online platforms that specifically make it easier to get different levels of accountability in any habit, whether it is meditation, exercise or any other activity:

- *Chatbot accountability: accountabilitygrinders.com*
- *Personal partner accountability: tasktwins.com*
- *Professional coaching: coach.me*
- *Financial motivation: [Stickk](#), [Beeminder](#), [GoFuckingDolt](#)*