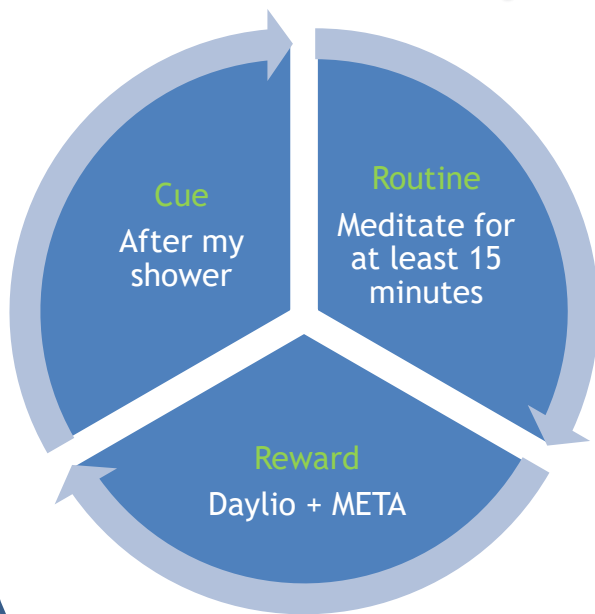


# Long Term Habit Design Plan

## Long Term Goal

- Meditate every day for 1 hour in the morning and 1 hour in the evening.

## Habit Loop



## Routine Plan

- Use Waking Up App Meditation Timer
- Can also record my own audio if needed
- Can use Goenka's or other teachers' audio
- Track my habit with the Daylio
- Buy a meditation bench if it helps
- Group meditation sessions with Jess and with other Vipassana people on weekends
- Use the group feature in waking up app
- Meditate with other people as much as I can
- Gradually increase my meditation time
- Try to meditate 5 minutes before bed and 5 minutes right when I wake up
- Use weighted blanket or Oilers blanket
- Use my night mask to block off light
- Use ear plugs or noise cancelling earphones

## Engagement

I Olivier Chabot engage myself to pay  \$5\$ for every day that I do not meditate for at least 15 minutes over the next 365 days.

Name	Signature	Date
Olivier Chabot		September 1, 2019
		September 1, 2019