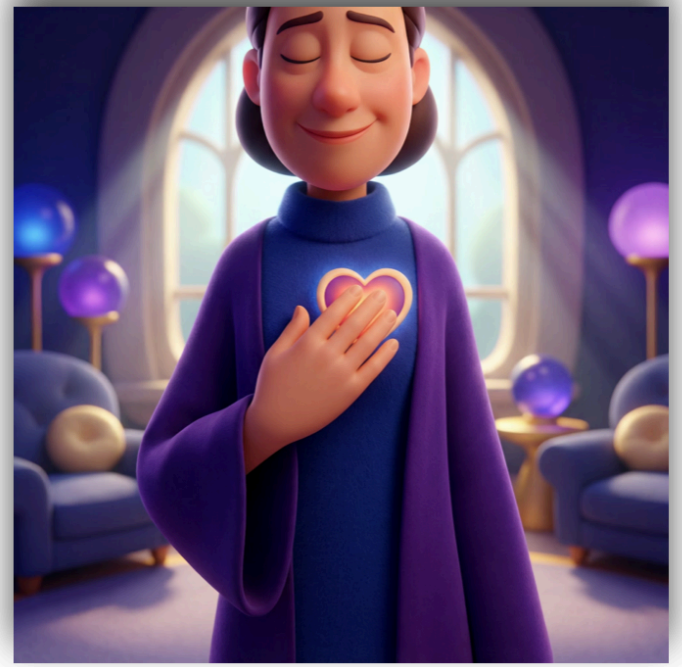
Mini Meditation #2: "Hand on Heart"



1 **Place one hand over your heart**

Gently rest your palm flat against your chest, right over your heart. Feel the contact between hand and body.

2 **Notice the warmth and pressure**

Pay attention to the physical sensations. Is there warmth? Weight? Can you feel your heartbeat beneath your hand?

3 **Inhale slowly and deeply**

Take a full, gentle breath in, filling your lungs completely. Feel your chest rise beneath your hand.

4 **Whisper: "I am doing the best I can"**

Say these words quietly to yourself, either aloud or silently. Mean them. Believe them. You are.

5 **Repeat 3–5 times**

Continue this cycle of breathing and affirming. Let the message sink in with each repetition.

This practice combines physical grounding with self-compassion, reminding you that your efforts matter even when days feel difficult