



Meditation Challenge November 2026

Sample Meditations

To help you participate in this meditation challenge, we have curated **two 10-day schedules** of meditations from the **free Insight Timer app** or website (schedule #1) and **YouTube** (schedule #2). Kindly choose whichever schedule works best for you (or mix & match!).

Insight Timer Meditations

Day #1 - Positive Daily Affirmations to Re-Program Your Subconscious (6 min.)

www.insighttimer.com/soundsciencesoul/guided-meditations/positive-daily-affirmations-to-re-program-your-subconscious

Day #2 - Gratitude Meditation (7 min.)

www.insighttimer.com/clareconnolly/guided-meditations/gratitude-meditation-71

Day #3 - Morning Breath Activation (6 min.)

www.insighttimer.com/patdivilly/guided-meditations/morning-breath-activation-6-minutes

Day #4 - Relax, Recenter & Recharge (9 min.)

www.insighttimer.com/nataliemspeakman/guided-meditations/relax-recenter-and-recharge

Day #5 - Love Yourself: Generating Inner Compassion (14 min.)

www.insighttimer.com/lauriejcameron/guided-meditations/love-yourself-generating-inner-compassion

Day #6 - Seven Minutes of Soothing Self-Care (7 min.)

www.insighttimer.com/zbarbarag/guided-meditations/seven-minutes-of-sweet-self-care

Day #7 - Guided 10 Breaths (5 min.)

www.insighttimer.com/aprilbuchheit/guided-meditations/guided-10-breaths_1

Day #8 - Beginner's Body Scan (7 min.)

www.insighttimer.com/dorakamau/guided-meditations/beginners-body-scan-3

Day #9 - Feel Inner Strength Like Never Before (11 min.)

www.insighttimer.com/nathanwilliams/guided-meditations/feel-inner-strength-like-never-before

Day #10 - 4-Minute Balancing Box Breath (4 min.)

www.insighttimer.com/lilysilverton/guided-meditations/4-minute-balancing-box-breath

BONUS: Mindful Breathing (14 min.)

www.insighttimer.com/thichnhathanh/guided-meditations/mindful-breathing



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YouTube Meditations

Day #1 - Guided Meditation with Jon Kabat-Zinn (5 min.)

www.youtube.com/watch?v=7WnZisfYMsE

Day #2 - The Daily Calm: Be Present (10 min.)

www.youtube.com/watch?v=ZToicYcHIQU

Day #3 - Self-Compassion Break with Kristen Neff (5 min.)

www.youtube.com/watch?v=p7z3ybk9DU

Day #4 - Cultivate Embodied Awareness with Sebene Selassie (12 min.)

www.youtube.com/watch?v=VVdWK_kbpoc

Day #5 - Meditation in Autumn with Mark Coleman (10 min.)

www.youtube.com/watch?v=mW69bGXAjDY

Day #6 - Reset Your Mind in 10 Minutes with Andy Puddicombe (10 min.)

www.youtube.com/watch?v=SHC1ZiUu-9E

Day #7 - Releasing Tension with Teaching by Thich Nhat Hanh (6.5 min.)

www.youtube.com/watch?v=OGIzja5zY1U

Day #8 - Guided Body Scan Meditation to Relax and Sleep Deeply (10 min.)

www.youtube.com/watch?v=kq2TuzbVR6U

Day #9 - Release All Negative Energy & Worries by Jason Stephenson (10 min.)

www.youtube.com/watch?v=G1TD2uVdotM

Day #10 - Guided Meditation: Mindful Body Scan with Tara Brach (9 min.)

www.youtube.com/watch?v=PsupWXxjScA