

15-Minute Mindfulness Meditation Script (Free PDF)

Mindfulness meditation is all about realizing that you can't fail at it.

Whether you are instructing yourself or someone else, keep in mind that:

- It is normal for the [mind to wander \(and it has some benefits\)](#) or get distracted.
- The key is to keep bringing your attention back to your breath and to your intention.

15-Minute Mindfulness Meditation: Time For Each Step

Here is a rough time estimate for each step of the 15-minute mindfulness meditation script:

- Step 1: Finding a comfortable seated position – 1 minute
- Step 2: Setting an intention – 1 minute
- Step 3: Focusing on the breath – 4 minutes
- Step 4: Acknowledging distractions – 3 minutes
- Step 5: Body scan – 3 minutes
- Step 6: Loving-kindness meditation – 2 minutes

- Step 7: Ending the meditation – 1 minute

The time limits above are suggestions, and you can adjust them according to your preferences or time availability.



15-Minute Mindfulness Meditation: Script

A crucial aspect of mindfulness meditation is to practice it consistently and patiently as you progress from a beginner to a proficient level. Read through the 7 steps first. Find the detailed PDF in the Final Words.

Here is a 15-minute [mindfulness meditation script with 7 steps](#):

Step 1: Finding A Comfortable Seated Position.

- Sit in a comfortable seated position, either on a chair or on a cushion on the floor.
- Make sure your back is straight and your feet are firmly planted on the ground.

- Allow your hands to rest on your lap or knees, with your palms facing up.

Step 2: Setting An Intention.

- Take a moment to set an intention for your meditation.
- This could be something like *“I want to feel more calm and more centered today”* or *“I want to focus on my breath and let go of distracting thoughts.”*

Setting an intention is [essential for mindfulness meditation](#); otherwise, it becomes a feeble attempt at focusing (“taming”) the mind.

Intention gives purpose and direction to your mindfulness meditation, making it more meaningful and valuable.

It also keeps you on track during the session. When you try to [return your wandering mind](#) to your breath, your preset intention keeps the priorities and goals of your mindfulness session in focus.

A habit of setting intention eventually transforms into a mindset that helps you keep your dreams and goals in sight.

Step 3: Focusing On The Breath

- Begin by closing your eyes and focusing on your breath.
- Take a deep breath in through your nose, and exhale through your mouth.
- Notice the sensation of the breath as it enters and leaves your body.

Step 4: Acknowledging Distractions

- As you focus on your breath, it's likely that your mind will wander.
- When this happens, simply acknowledge the distraction and gently guide your attention back to your breath.

Here are a few ways to re-focus on your breath when your mind has wandered off during mindfulness meditation:

1. **“Returning to the breath”** – This can be a simple reminder to come back to the inflow/outflow of your breath, and the sensation it creates as it enters and leaves your body.
2. **“Following the breath”** – Imagine your breath as a river, and your mind as a boat. Allow the breath to guide you, following it as it flows in and out.
3. **“Anchoring”** – Imagine a rope attached to your mind that is anchored to your breath. Imagine yourself using it to pull your mind back to your breath whenever it wanders.
4. **“Labeling”** – Give a mental label to the distraction, such as “thinking, thinking” or “planning, planning” and let it pass, then return to your breath.
5. **“Counting”** – Count each inhale and exhale, starting at one and counting up to ten. If your mind wanders, start counting again from one.
6. **“Focusing on the sensation”** – Instead of focusing on the breath itself, focus on the sensation of the breath. This could be the sensation of the breath entering and leaving your nose, or the sensation of the breath filling and emptying your lungs.

The ultimate key is to be gentle and kind with yourself when your mind wanders, to simply acknowledge the distraction, and to gently ask it to return to your breath.

Step 5: Body Scan

- After a few minutes of focusing on your breath, take a moment to scan your body.
- Start at the top of your head, and mentally scan down your body, noticing any areas of tension, pain, or discomfort.
- As you scan your body, take a deep breath in, and exhale, releasing any tension as you exhale.

Step 6: Loving-Kindness Meditation

- After relaxing your body in the body scan, take a few minutes to practice loving-kindness meditation.
- Begin by silently repeating phrases of loving-kindness to yourself, such as “May I be happy, may I be healthy, may I be at peace.”
- Then, expand your phrases to loved ones, acquaintances, and eventually to all beings.

Here is a short metta prayer for a loving-kindness meditation:

“May I be filled with loving-kindness. May I be well. May I be peaceful and at ease. May I be happy.”

You can say this prayer silently or out loud. The main idea is to focus on the meaning of the words as you repeat them.

While saying each line, imagine directing the words towards yourself, and then gradually expanding the circle of loving-kindness to include those closest to you, and eventually to other people.

You can also use this one:

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*“May I be happy,
“May I be healthy,
“May I be at ease,
“May I be at peace.”*

Choose phrases that resonate with your values, so that you can focus on their meaning during the meditation. Personalize your metta by adding phrases that are meaningful to you.

Step 7: Ending The Meditation

- When the time is up, take one final deep breath in and exhale.
- Slowly open your eyes and take a moment to notice how you feel.
- Take this sense of calm and clarity with you as you go about the rest of your day.

Final Words

Download 15-Minute Mindfulness Meditation: Script PDF

Mindfulness meditation needs daily practice. It takes time to get used to it and see the benefits.

Give your practice patience. Do it every day, even if for just 1 minute in the beginning.

Gradually you will get to 15 minutes.

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R.A.I.N. Method of Mindfulness Meditation: A Precise Guide

Practicing the R.A.I.N. method of mindfulness meditation can bring you peace and make you a closer friend to yourself. Learn how to do it the easy way.



The Happiness Blog

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Author Bio: Written and reviewed by **Sandip Roy** — a medical doctor, psychology writer, and happiness researcher, who writes on mental well-being, happiness, positive psychology, and philosophy (especially [Stoicism](#)).

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Revisit A Section:

[15-Minute Mindfulness Meditation: Time For Each Step](#)

[15-Minute Mindfulness Meditation: Script](#)

[Step 1: Finding a comfortable seated position.](#)

[Step 2: Setting an intention.](#)

[Step 3: Focusing on the breath](#)

[Step 4: Acknowledging distractions](#)

[Step 5: Body scan](#)

[Step 6: Loving-kindness meditation](#)

[Step 7: Ending the meditation](#)

[Final Words](#)

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