# The 5 Stages of Meditation

Building a meditation practice is hard work. Sometimes, setbacks occur. There are five common stages of meditation that most people go through as they attempt to start a meditation practice. Failure is part of the process of building a sustainable practice.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
</tr>
</thead>
</table>
| Optimism    | "Everything is different!"  
You're feeling good about your progress  
You're overly ambitious with your goals (long meditation sessions) |
| The Slump   | "Meditation is hard"  
It feels like results aren't coming as quickly  
It gets harder to motivate yourself to take action |
| Unraveling  | "I can't meditate"  
Meditation turns from a habit into something you occasionally do  
You're not sure if it really works for you anymore |
| Abandonment | "I used to meditate, but not anymore"  
Meditation is no longer a part of your identity. It's something you tried once, but it didn't seem to work well |
| Rediscovery | "I can do this sustainably"  
Something helps you rediscover meditation  
You reboot your practice at a sustainable pace |