

3-Min Guided AI Meditation Script

For use with AI-generated ambient music from Endel, Brain.fm, or similar.

Download more free lifestyle resources at:

www.ifocusliving.com

Intro (0:00–0:30)

"Welcome to your 3-minute reset.

**This short practice is here to help you let go of tension,
recharge your mind, and return to your day feeling centered.**

Wherever you are, find a comfortable position.

Gently close your eyes, or soften your gaze.

Take a slow, deep breath in... and let it out slowly."

Breath Cues (0:30–1:30)

"Let's begin with a simple rhythm.

Breathe in through your nose for a count of four...

2... 3... 4...

Hold for a count of four...

2... 3... 4...

And exhale gently through your mouth for a count of six...

2... 3... 4... 5... 6...

Again—inhale... hold... exhale.

With each breath, imagine stress leaving your body like a cloud drifting away."

Body Scan (1:30–2:30)

"Now, let's scan for any areas holding tension.

Start at the crown of your head—soften your forehead and eyes.

Relax your jaw, letting it unclench.

Drop your shoulders away from your ears.

Feel your arms rest heavily at your sides.

Relax your chest and belly, letting each breath flow easily.

Release any tightness in your hips, legs, and feet.

With every exhale, feel yourself becoming lighter."

Closing (2:30–3:00)

"Bring your awareness back to your surroundings.

Notice the sounds around you, the surface beneath you, the gentle rhythm of your breath.

When you're ready, take one final deep inhale...

And exhale fully.

Carry this sense of calm with you as you move into the rest of your day."

Pro Tips For Recording:

- Speak slower than you think — allow space between cues
- Keep tone soft, warm, and grounded
- Add AI-generated ambient music at a low volume to avoid overpowering voice
- Export as MP3 for blog/email download or embed player