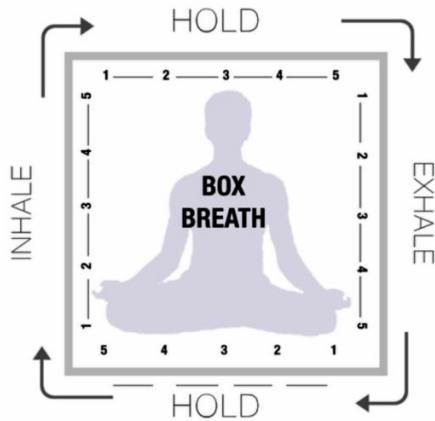


# USE BREATHWORK TO HARNESS YOUR BODY AND BRAIN

## BOX BREATHING

5 X 5 X 5 X 5



## 5 FINGER BREATHWORK

1. Trace your hand.
2. Slow breathing (aim for 6 seconds in and 6 seconds out).
3. Watch your finger as it moves.
4. Focus on the touch sensation in your finger and in your hand.
5. Repeat as needed.



Create Emotional Shift-



## Thought Model

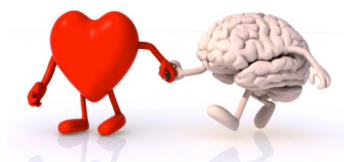
C Circumstance = fact

T Thoughts > create

F Feelings > drive

A Action > leads to

R Results



## Questions to ask yourself

How are you feeling?

Do you like that feeling?

If not, **What are you thinking?**

**Is that thought true?**

If the thought IS true, **is it helping you or hurting you?**

If it is not true or not helping you, **What other thought that is true**, that creates a better feeling can you focus on?

**How would you like to feel?**

If the thought is hurting you, **what AUTHENTIC, perspective (thought) can you choose?**

