



Daily Practice: BREATHE with Purpose

-Energy Management. Self Regulation-



01

BREATHE

Your breath is KEY to FOCUS, ENERGY, PRESENCE.

What do you gain from this practice?

01 RESET

RESET

Using this practice regularly will reset the destructive nature of the stress reaction and make it easier to get out of the vicious cycle.

02 FOCUS

FOCUS

The depleting emotions of irritation, annoyance, frustration that trips the stress reaction cause you to focus on the wrong things.

03 CLARITY

CLARITY

When you are distracted by the false sense of urgency from the stress reaction, it is difficult to be clear. Messages are often muddled.

04 PRESENCE

PRESENCE

Think about how you feel when stressed and when calm. You show up more credible and powerful when calm. Use this technique to power up your presence.

A person with long brown hair, wearing a grey long-sleeved crop top and grey sweatpants, stands on a dirt path on a hill. Their arms are raised in a 'V' shape towards the sky. The background shows a vast valley with green fields, a winding river, and distant hills under a soft, hazy sunset sky with a single cloud. A red rectangular box is overlaid on the right side of the image, containing white text.

Requires PRACTICE

Breathing regularly in this manner will change your body's physiology – you increase resilience. This makes it easier to shift out of the stress reaction or those depleting emotions.

Gratitude Breathing

Breathing is the most basic way to reset the stress reaction. This one is especially powerful because it engages the innate intelligence of the heart. It is simple, yet powerful.



01

Take a deep “Count of 4” breath

Breathe in on a count of 4, hold it on a count of 4 and exhale on a count of 4.

02

Breathe in gratitude

Exhale frustration, irritation or annoyance.

03

Continue this for 1-2 minutes

Let any thoughts drift out of your mind. With practice extend the time you use Gratitude breathing. Notice what you feel in your body.



When you can't get to the beach ...

Energy Intelligence (Effectiveness)

Managing your energy is the number one way you will get more done in a day. Your energy level controls your attention, your reaction times, and your focus.

Self Regulation

We cannot always control what happens to us. We do control how we respond. This is your secret weapon to avoid the emotional hijacking that derails your credibility and creates drama.

This breathing technique is your body's switch to a calm state of being. It is the beginning of a powerful practice to stop the energy leaks from those depleting emotions of annoyance, resentment, irritation, frustration ...

Get Your Zen on. Power up your heart.

Make this simple practice the foundation of your stress strategy to manage the build up of pressure and tension. This simple tool can help you be more mindful, present and centered.

Use this often. Start now. Please share in the FB group when you use this and how it helps you!



Every hour. Just to reset
your attention.

Before any conversation
that is stressful.

Any time you are
waiting.



This is the end of this Daily Practice.

This works when you use it. You are breathing anyway. Breathe with purpose!