

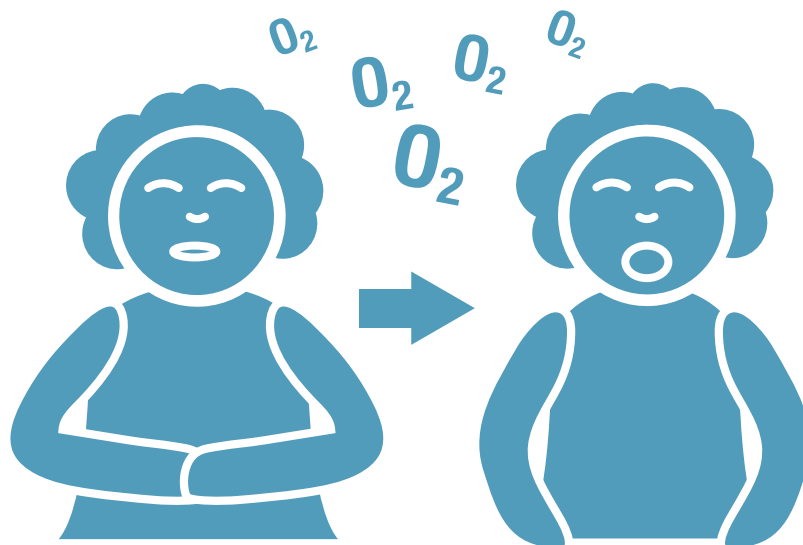
Day 4: Breathe Low and Slooow

Are you aware of your breath right now?

How about now?

Did you know that over 90% of us are using less than 50% of our breathing capacity? Think about the last time you were anxious or stressed. Was your breath fast and shallow? High up in your chest? Could you not think properly or strategically? Our body will often exhibit signs of anxiety and stress before our mind even registers it!

By intentionally breathing slowly from low in our core and cultivating this practice on a regular basis, we become our most powerful selves: physically AND mentally.



Today's Challenge

Intentionally set yourself up to be your most grounded, present, powerful self. Before each call, meeting, or appointment you go into, take three slow and deep breaths. Make sure you can feel the balls of your feet on the ground. Focus on your breathing to let your mind clear – experiment by filling your mind with a single exhale. You will literally feel more grounded and better able to engage in the meeting you are going into! Over time, this practice can help create the spaciousness that is required for strategic thinking.

Deepen Your Practice

The next time you find yourself breathing fast and high in your chest, take a moment to slow your breathing down. Breathe deeply from just below your belly button. You want your exhales to be longer than your inhales. You may find that relaxing your body out of the state of anxiety may also affect the anxiety in your mind. This will allow you to respond (or not) rather than just react.