



'Breath & Eating' Question

*What do I imagine is possible
when I put more focus on my
breath and eating just for today?*

My insight is: **What I choose to take into my body filters through all of me as fuel**, the cleaner the better! Source well to have the best ingredients available on hand.

My insight is that **I am going to learn how to love myself**. That's where it starts.

My insight is: By choosing the right food and bringing awareness to proper breathing **I have the power to become healthier and live longer**.

My insight is I will take the time throughout my day to **focus on breathing properly**.

My insight is that **my future self is proud of my present self** for my willingness to create my best future health. For today, I will build on yesterday's accomplishment of movement breaks every 30 minutes by adding a breath break immediately after. That means 28 instances of focus on breath for today.

My insight is: Deep, **full breathing and mindful eating habits are subtle yet super powerful habits** I get to practice every day, throughout the day, anywhere- the emotional, psychological and physical benefits are the best gifts I can give myself.

My insight is: A better life is possible and **there is not much to lose by trying to change**.

My insight is that today I will notice my breath, and regularly take deeper breaths, and also carefully control what I eat and drink - to **create more energy and bring more presence to my life!**

My insight is that today **I will be conscious about breathing while I'm eating**. Let's see how deeper breathing throughout the day will have me sleep deeper as well. I feel this is a truth.

My insight is I could be better at **follow through with my breathing** and what I put into my body for fuel.

My insight is that focused, methodical breathing and a dedication to **healthy nutrition will fuel my engine to accomplish more** than I would otherwise be able to.

My insight is - This is the big step, the catalyst, into being my better future self.
Breath gives me the pause I need to make better choices.

My insight is how lucky I am to have Joe to lead us and teach us how to **live lively with breath and eating healthier.**

My insight is finding out about new awareness of **deep breathing and healthy eating equals life to slow down, relax stress free life.** New habits and routines.

My insight is **my breath provides insight to thought;** change the thought, changes the breath.

My insight is that **when I breathe slower and more, people around me are more relaxed and so am I.**

My insight is: when I imagine focusing on breath and eating today, **I imagine myself handling deadlines and family responsibilities with calmness and vibrance.**

My insight is: Sticky notes on my computer, refrigerator, car mirror, bathroom mirrors. Breathe, **love yourself to fuel yourself.** Thrive to alive.

My insight is to focus on my breaths and eating. **It will take discipline and consciousness** of what is possible and changed actions to make it happen.

My insight is that eating in a healthy way and becoming aware of my breathing is really easy to understand, but not so easy to implement without wavering. **I must see the benefits so that I avoid self-sabotage.**

My insight is today **breathing brings me to the present** and my food is energizing me. When I am fueled and focused on my breath, I am fully aware and functioning at my highest level then I am bringing my best self forward.

My insight is... In the moment of **decision my breath is a powerful tool to bring awareness and to reconnect with my intention.** Why not use this tool more often?

My insight is that **comfort is too comfortable.**

My insight is: **Build up a strong will power to overcome the bad habit.**

My insight is: I have awareness and want to move forward into acceptance and feel the fruits of my actions through breath work and conscious eating. To integrate this into my life without conscious thought. **Feel the aliveness within and be happier with my life!**

My insight is I love the idea of **my greatness coming alive with presence, breath, aliveness through pure food.** I love breath work.

My insight is **awareness of my breathing to bring presence and eating for aliveness** as my self-love and for my future self.

My insight is **future self is telling me not to waste this day.** This is a peaceful, easy day to just breathe and take care of myself and feel future self.

My insight is slowing down and taking **deep breaths allows me to become the best me I can be;** I am mindful of what I eat and how often I move and drink pure delicious water. Life is so simple breath eat sleep move and meditate simple. I make things too complicated.

My insight is that by continuing to perfect the 5 Core Disciplines in my life through preparation, 1% per day, it becomes possible to be my best and highest self and **create a new and improved shadow!**

My insight is that really **being aware and focusing on my breathing and eating today will build these habits I'm working to upgrade.** I will set me alarm for 20 min intervals and check in with my breathing. I am also continuing today to track all food that I eat. I feel empowered and motivated knowing that I can upgrade my habits as I focus on every 20 mins at time and also one day at a time.

My insight is: **I choose to live better.** I chose to have my body feel alive with energy and balance. Breath and mindful eating will allow me to enjoy my days!

My insight is letting today be replacing could with should first, then letting today just happen! **Using breath and eating as my new boundaries** for the day and building on this day by day!

My insight is **my focus is on breath and eating awareness** - future self.

My insight is **my vegetables are all waiting for me right now.** All I have to do is to take them out and make a delicious meal.