



'Breath & Movement' Question

*What do I imagine is possible for me just today if I focus on my breath and my movement?*

My insight is with the breathing we're learning today, by doing this, **I can be in charge of the order my feelings will take**, whether happy or sad situations, they will be lessons on how I'll feel when I practice positive breathing.

My insight is **I will continue to breath properly throughout my day** and add in micro movements all throughout my day.

My insight is that **I will start with micro and mini movements** and not get overwhelmed.

My insight is **breathing is everything**.

My insight is that my future self is convinced that a few more days of using a 30-minute timer as the stimulus to deliberately breathe through my nose and consciously take a movement break will **cement the practice as a habit that will no longer require conscious thought**.

My insight is that I want to be healthier today, so I will observe my breathing and movement, and make corrections to breath deeper and get up and move around. **Be more alive and bring a stronger presence into my day!**

My insight is that **breath + movement = joy**. When I am focused on moving with intention and breathing consciously, I am doing what I love and am experiencing joy.

My insight is that **I can focus on my nasal breathing and movement** and actually like the future self that derives.

My insight is by **my daily breathing and movement allows me to strengthen my immune system**. By being deliberate I will have a stronger future self.

My insight is my conscious focus on **breathing and movement allows the space to love myself and my loved ones around me**. Then, "life" can proceed.

My insight is: Letting go with the thought need, to remember move and breathe and replacing with could do this **being mindful of doing vs. wishing**.

My insight is that I need to extend the written routines of the 6SH to include periodic reminders in my day for breathing, and micro/mini movement throughout the day until the practice is my default action set. **I learn best by immersion** and

then writing out an organized understanding of my plan for success that I can refer back to, and practice.

My insight is: It's helpful to **slow down and focus on micro habits and actions** of what I can do today, then it seems easy to make a change.

My insight is that the awareness of breath and movement allows for simplistic mini and macro development to **bring about change to future self**.

My insight is the focus on movement and breath during **this PW session has moved me from sadness and grieving to peace**. I shall continue this fresh learning.

My insight is **I now have awareness of what needs to be done**. 1% improvement to keep my mouth shut, relax with deep breathes, micro movement every 15 minutes is better than nothing.

My insight is skill in any performance needs to be natural. **Natural only comes from practice**. I need to be aware and practice nasal breathing and increase body movement. Include music in my exercise and go for 7 miles today.

My insight is: I love the thought that **big change and health improvement will come from implementation of proper breathing and micro movements!**

My insight is: My body ques me throughout nether day. **When shoulders and neck tighten is the que to stand up, stretch and breathe**.

My insight is: Plunge in and **be the observer of my actions throughout my day!** Feel vibrant and flowing through balance of the presents! Big love!

My insight is: just like I perform PW every day, I need to **make deliberate breathing and movement part of my day** as well.

My insight is as I **practice mastering the little things** it makes the bigger things digestible.

My insight is I will exercise my **nose breathing and movement every half hour** (by timer prompt) helping me **to establish this new habit**.

My insight is being aware of my breathing, doing the nose breathing and integrate it with my movements will **improve my focus and productivity.**

My insight is I will dance out my PW and then segue into **dancing through what my daily goals are** and their priority after our PW sessions. I will take this time to move my body and clear my mind. Good thing I work from home these days, lol.

My insight is to **breathe slowly** to expand our lung max.

My insight is to **integrate breathing and movement = Balance; practice, awareness...** nose breathing.

My insight is to **breathe and move with deliberation which will propel me into balance and a higher consciousness.**

My insight is: Energy is what matters for me. I am tired of being tired. An **awareness of my breath and movement will help me feel the energy I need** to accomplish great things in my day. I love this gift of awareness! I am going to enjoy this day!

My insight is **I will put breathing and movements in my daily schedule.** I will treat it as my daily schedule to fulfill the promise to my future self. I will make sure that my future self is healthy and full of energy.

