



'Breath & Sleep' Question

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

My insight is that **I need to honor my evening ritual** in the same way that I do my morning ritual by not allowing any outside disturbances. This act ensures that I am asleep at the optimal time, each evening, to start my day.

My insight is: I view sleep as only a way to recharge for the waking world. But **I need to begin to regard sleep as a part of my healthy life** and that it has intrinsic value in and of itself. Instead of pushing it aside until I can no longer resist it, I can prepare for it and embrace it.

My insight is **I am going to shut it down at 10 pm and in bed at 10:30** with no TV every Sunday through Thursday starting today forward.

My insight is recognizing **by taking the time for breath work throughout the day I increase awareness to find ways to complete tasks** in order to get to bed earlier. My body is telling me I need more sleep.

My insight is when **I am well rested and strong with good oxygen** I can and will be able to bring clarity, dedication, and love to myself, to my loved ones, my work, my life today.

My insight is to be totally renewed. **Sleep is the best gift!** Restlessness is a lack of faith. I make it my choice to live my faith and it is resting in God. Sleep like a baby.

My insight is **keeping my commitment today of ending my day and getting 7-8 hours of deep healing sleep to honor my future-self** so my present self can to grow.

My insight is **fine tuning my nighttime ritual** and my commitment to it will enhance my sleep quality.

My insight is: **I only make changes when the pain or discomfort is great enough** to make the change.

My insight is: **Sleep is the recovery time for the body to rest.** The actions taken to prepare are sacred and the openness to accept and flow into, through your rest.

My insight is **I've been going from one addiction to another just to get through the evenings.** I'll begin today re-training for a healthy evening ritual.

My insight is that I will choose to **take the time to breath and prepare** for a 7-8-hour period of rest and restoration.

My insight is that **sleep requires the same disciplined approach as the other areas of my life**. When better mastered, all of the other areas of my life will surge. Couple this with a methodical approach to breathing I stand to achieve more than I thought possible.

My insight is that **I will eliminate distractions and political thoughts at bedtime**, so I prepare myself for a quality night of sleep. Then, in the morning I will have new energy and can bring my "A" game into the day!

My insight is prioritizing my sleep, the importance of my rest and recovery to prepare my next day, **it all starts the night before with a good sleep**, bed by 10:00 pm.

My insight is this is having a wonderful cumulative effect on me. **I love the idea of starting my day at the end of my day!** I won't start it anymore with a bedtime martini!

My insight is: The small, subtle, simple adjustment of **setting an alarm to que me it's time to wind down**. Like a recess bell in school to move back to class. Going to rip this off from you Joe and duplicate.

My insight is I am so **thankful for PrivateWork to help me work through the resistance I've created in my life**.

My insight is my body, mind and spirit need to be in good shape to enable me to do all I want to do, share and experience. **I am responsible for the choices I make each and every day** to improve my life.

My insight is to **plan and measure my PM routine**. Communicate and share this with my husband. Remind myself "Be still and know that I am God".

My insight is every one of us needs nourishment, shelter and rest. I have been unsuccessful at putting more hours in a day. **If I approach experimenting with more sleep, I can discover what difference that makes for me**. I love the thought that I don't know but I'll find out.

My insight is: **Good sleep will help me feel alive in the morning.** I look forward to having clarity of mind with a rested body. I know I will feel and do better during the day. I realize that I have to create and follow an evening ritual. I know I have to give up that screen time after 9PM.

My insight is: Today's session is very timely for me as I've had some breakthrough with breathing and sleep this past week, issues that cause me great grief. My insight is that I can eschew the problems of the day in favor of the 5 Core Disciplines, knowing that the solution to these problems lies in and depends on proper execution of these complimentary disciplines. **I don't have to live pedaling uphill all day every day,** never experiencing the downhill hands in the air part of life's ride, and the synchronicity available to me.

My insight is through **breath and sleep will bring me the clarity and self-awareness of anything that is holding me back,** beginning today!

My insight is - I will bravely **invite my love to join me in my nightly ritual.** By including him in this part of my day, it opens up the opportunity for us **to be connected even more deeply.** And to inspire me to further dedicate myself to the process.

