



Self Coaching Stimulators

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



1. What's my first thought?

In 2007, my mentor, Milton Merle, gave me a copy of Alan Deutshman's book, *Change or Die*. Now I must admit, the title scared me. Change is so paradoxical to me. When I first met Milton at my very first AA meeting 36 years ago on September 4, 1984, he asked me, "Why do you drink?" And I said, "I'm pretty unhappy." He smiled and said, "Stick around and you'll soon realize you're unhappy because you drink."

Changing your life means opening yourself up to new ideas, new practices that may seem illogical at first, at least until you've experienced them long enough to develop new understandings. So today, what do I imagine is possible if I focus on nose breathing and micro, mini and macro movements, just today? **What's my first thought?**



2. What's occurring now?

PrivateWork Self Coaching is opening ourselves to our future self in between the lines. Creating the T.E.A.M. – the thoughts, the emotions, the associations and memories your future self desires. Instead of accidentally arriving in the future, we're choosing to intentionally make self-examination, experimentation and learning, unlearning and relearning real. And PrivateWork is hard work. We're intentionally making our brain plasticity with our nose breathing and our fitness, with our movement, a regular part of our life. What do I imagine is possible if I focus on nose breathing, micro, mini, and macro movements today?

What's occurring now?



3. What just happened?

Change doesn't have to be something that happens to us. We can make it happen – actively, intentionally and deliberately. It's called practice; deliberate practice.

What do I imagine is possible if I focus on nose breathing and micro, mini and macro movements today? **What just happened?**



4. What am I feeling now?

When we move our muscles, we generate carbon dioxide, which helps us maintain body oxygenation. A lack of movement results in lower production of CO₂ and larger breathing volume. We huff and we puff. What do I imagine today is possible when I focus on my nose breathing and my mini, micro and macro movements? **What am I feeling now?**



5. What are my opportunities?

I started experimenting with nose breathing and focusing on breathing less when I began training for the 2017 CrossFit Games. At the time, I really didn't understand the science behind it. All I knew was that I was experiencing quicker recovery in between reps, faster split times and endless endurance. It's just now, in the last six months, that I've taken a deep dive into the work and the practice of McGowan and James Tanner and the Buteyko method. I didn't understand that the key role carbon dioxide plays as a fundamental component of living. It's a vital body function, nose breathing, deep diaphragmatic breathing, tongue gently pressed against the roof of the mouth, empty at the end of each breath. What do I imagine is possible for my future self if today I focus on my nose breathing and my movement? **What are my opportunities today?**



6. What's missing?

Maintaining nasal breathing during movement might feel impossible initially, due to the ingrained habit of mouth breathing, but with a little practice it's easy to master. At first, you might find that you're not able to walk as fast as you can with your mouth open due to the greater feeling of breathlessness. However, in a few days, as your control pause increases, this feeling will pass, and your performance will steadily improve. What do I imagine is possible today if I just focus on two of the five fundamental future self-disciplines, nose breathing and movement?

What's missing?



7. What am I avoiding?

First, we form habits, then they form us. Conquer your bad or misinformed or ignorant habits, or they'll eventually conquer you. Patrick McKeown's little guidebook called *Close Your Mouth* is packed with simple exercises to master nasal breathing with movement. What do I imagine is possible if I focus just on nasal breathing and movement today? **What am I avoiding?**



8. What's true for me?

I love the work of Dr. Dan Siegel. He wrote a book called *Mindsight: The New Science of Personal Transformation*. Consider the distinction between saying, "I'm upset" and "I'm feeling upset." Similar as those two statements sound, they're actually profoundly different. The difference between them is 'I'm upset' is a self-definition and very limiting. 'I feel upset', suggests the ability to recognize and acknowledge a feeling without being consumed by it. PrivateWork makes it possible to see what's inside, to accept it and accepting it allows us to let it go and finally transform it. What do I imagine is possible if today I just simply focus on my nasal breathing and my micro, mini and macro movements? **What's true for me?**



9. What's my ideal scenario?

Integration of what we're learning as we are now doing in our PrivateWork Integration Week – of the five fundamental future self disciplines – enables us to be flexible and free. With deliberate practice, we enjoy a sense of vitality and ease of wellbeing. Today, **what's my ideal scenario for integrating nasal breathing and micro, mini and macro movements?**



10. What's happening while I'm imagining my ideal scenario?

As I mentioned in a few PrivateWork-It-Outs, I see myself as your neuroplasticity coach, through these very strategic, loving, compassionate, self coaching stimulants. Creating our future self is a constant, deliberate practice, becoming more masterful at nasal breathing, tongue in the magic spot, through the nose, out the nose, breaths moving from the diaphragm up without the chest moving. It's how we find balance in our brains combined with eating for aliveness, micro, mini and macro movements. With meditation we train our T.E.A.M. – our thoughts, emotions, associations, and memories. **What is happening right now, today, as I practice integrating nasal breathing and movement?**



11. What's between me and my ideal scenario?

Dan Siegel says, "When we are in an emotional balance, we feel alive and at ease. Our feelings are aroused enough for life to have meaning and vitality, but not so aroused that we're feeling overwhelmed and out of control. Lacking balance, we move towards excessive arousal, a state of chaos, or too little arousal, a state of

rigidity or depression. Either extreme drains us of our vitality.” **What’s between me and integrating my nasal breathing and my movement today?**



12. What really matters?

Remember the tight rope walker? The wire is life. On the balancing pole, one side is rigidity and the other side is chaos. In today’s complex world, we humans spend a lot of our energy not facing reality. We can easily be absorbed in our day-to-day realities just to meet our essential needs. And when we seek comfort, we can turn to consumerism, numbing out on junk food or hypnotized by the media. When simply stopping to take nasal breaths, through the nose, out the nose and moving, micro, mini and macro movements, we quickly bring ourselves back into balance. What do I imagine is possible, just today, if I focus on my breathing and my movement? **What really matters?**



13. What difference will it make?

When we bring the quality of presence, curiosity, openness and acceptance into our relationships, we experience love. In attachment theory, this is referred to as secure attachment. In the state of presence, curiosity, openness and acceptance emerge quite seamlessly. What difference does it make as I integrate the self-loving activity of nostril breathing and movement into today? **What difference will it make?**



14. What’s the risk?

Thoughts are involuntary like your heartbeat is involuntary. Whenever thoughts are forming now, we’ll drift as soon as we recognize they’re only thoughts, not

enemies. Bringing awareness to our breath, gently placing our tongue on the roof of our mouth, relaxing our forehead, relaxing our eyes, aligning the bottom and the top of our teeth, emptying our breath, then filling our diaphragm, moving with the breath up to the chest, out under the ribs, then slowly down, allows thoughts to flow through. Combined with micro, mini and macro movements, we guide ourselves back into a sense of clarity and peace. **Now what's the risk if I do? What's the risk if I don't?**



15. What adjustments can I make?

Maxwell Maltz's book *Psycho-Cybernetics* reminds us that skill in any performance – whether it's in sports, in playing the piano, in conversation or selling real estate or doing loans – consists not in painfully and consciously thinking out each action as it's performed, but really relaxing and letting the job do itself through us. This occurs through deliberate practice. Through deliberate practice we tap into creative performance. Creative performance is spontaneous, and it's natural as nasal breathing and movement is very natural. Deliberate practice. Today, **what adjustments does my future self desire?**



16. What needs to happen next?

Abraham Maslow is one of my top 10 teachers. And he says, "The necessary thing to do is not to fear mistakes, but to plunge into it, do the best you can and only hoping to learn enough from the blunders to correct eventually." Maslow also warns us, if we deliberately plan on being less than we're capable of being, then we'll be unhappy for the rest of our life. What needs to happen before you write? Hand the pen to your future self. Enjoy a few nasal breathes. Start with the tongue in the magic spot, and then enjoy 30 seconds of mini or micro movements, fingers, toes, wrists, neck, shoulder. **What needs to happen next?**



17. What's occurring now?

Breathe. Move. What do I imagine is possible when I just focus on my breath and my movements today? **What's occurring now?**



18. What am I feeling now?

Breathe, Move. What do I imagine is possible if I just focus on my breath and my movement today? **What am I feeling now?**



19. What am I not saying?

The five fundamental future self disciplines are breathing, sleeping, eating, meditation, movement. Marcus Aurelius tells us, "The impediment to action advances action. What stands in the way becomes the way." **What have I not said today** in response to the DirectionQuestion: What do I imagine as possible if I focus on my breath and my movement just for today?



20. What's my actionable insight?

What do I imagine is possible if I just focus on my breath and my movement today? **What's my actionable insight today?**



'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.

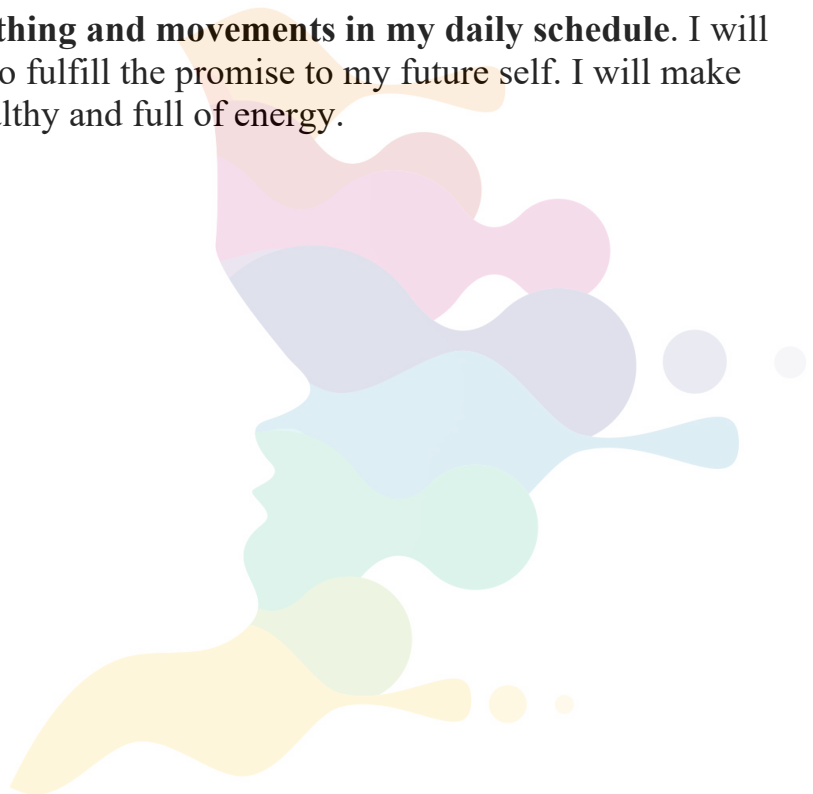
My insight is to **breathe slowly** to expand our lung max.

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.





'Breath & Movement' Question

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

My PrivateWork-It-Out[®]



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



1. What's your first thought? _____



2. What's occurring now? _____



3. What just happened? _____



4. What are you feeling? _____



5. What are the opportunities? _____



6. What's missing? _____



7. What are you avoiding? _____



8. What's true? _____



9. What is your ideal scenario? _____



10. What's happening when you're imagining your ideal scenario? _____



11. What's between you and your ideal scenario? _____



12. What really matters? _____



13. What difference will it make? _____



14. What's the risk? _____



15. What adjustments will you make? _____



16. What needs to happen next? _____



17. What's occurring now? _____



18. What are you feeling now? _____



19. What are you not saying? _____



20. What's your actionable insight? _____



My Inspired Action Plan

1

What has to happen first? _____

2

When that happens, what's next? _____

3

When that happens, what's next? _____

4

When that happens, what's next? _____

5

When that happens, what's next? _____

6

When that happens, what's next? _____

7

When that happens, what's next? _____
