

# Week 1: Notice

Use alongside the practice instructions and safety guidance in the book. Record comfort and experience; longer sessions and higher scores are not targets.

Week beginning: \_\_\_\_\_

Before / after: 1 = very tense; 10 = very calm. Leave blank if scoring is not helpful.

| Day / date | Practice | Minutes | Before | After | Notes |
|------------|----------|---------|--------|-------|-------|
| 1          |          |         |        |       |       |
| 2          |          |         |        |       |       |
| 3          |          |         |        |       |       |
| 4          |          |         |        |       |       |
| 5          |          |         |        |       |       |
| 6          |          |         |        |       |       |
| 7          |          |         |        |       |       |

What did I notice about my breathing this week?

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Keep practice comfortable and unforced. If you feel dizzy, tingly, breathless or distressed, stop and return to normal breathing. Do not practise while driving or in water.

# Week 2: Find your daily anchor

Use alongside the practice instructions and safety guidance in the book. Record comfort and experience; longer sessions and higher scores are not targets.

Week beginning: \_\_\_\_\_

Before / after: 1 = very tense; 10 = very calm. Leave blank if scoring is not helpful.

| Day / date | Practice | Minutes | Before | After | Notes |
|------------|----------|---------|--------|-------|-------|
| 1          |          |         |        |       |       |
| 2          |          |         |        |       |       |
| 3          |          |         |        |       |       |
| 4          |          |         |        |       |       |
| 5          |          |         |        |       |       |
| 6          |          |         |        |       |       |
| 7          |          |         |        |       |       |

My daily anchor moment:

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Keep practice comfortable and unforced. If you feel dizzy, tingly, breathless or distressed, stop and return to normal breathing. Do not practise while driving or in water.

# Week 3: Explore a second tool

Use alongside the practice instructions and safety guidance in the book. Record comfort and experience; longer sessions and higher scores are not targets.

Week beginning: \_\_\_\_\_

Before / after: 1 = very tense; 10 = very calm. Leave blank if scoring is not helpful.

| Day / date | Practice | Minutes | Before | After | Notes |
|------------|----------|---------|--------|-------|-------|
| 1          |          |         |        |       |       |
| 2          |          |         |        |       |       |
| 3          |          |         |        |       |       |
| 4          |          |         |        |       |       |
| 5          |          |         |        |       |       |
| 6          |          |         |        |       |       |
| 7          |          |         |        |       |       |

The second practice I would like to explore:

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Keep practice comfortable and unforced. If you feel dizzy, tingly, breathless or distressed, stop and return to normal breathing. Do not practise while driving or in water.

# Week 4: Choose your favourites

Use alongside the practice instructions and safety guidance in the book. Record comfort and experience; longer sessions and higher scores are not targets.

Week beginning: \_\_\_\_\_

Before / after: 1 = very tense; 10 = very calm. Leave blank if scoring is not helpful.

| Day / date | Practice | Minutes | Before | After | Notes |
|------------|----------|---------|--------|-------|-------|
| 1          |          |         |        |       |       |
| 2          |          |         |        |       |       |
| 3          |          |         |        |       |       |
| 4          |          |         |        |       |       |
| 5          |          |         |        |       |       |
| 6          |          |         |        |       |       |
| 7          |          |         |        |       |       |

My favourite practices, and when I use them:

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Keep practice comfortable and unforced. If you feel dizzy, tingly, breathless or distressed, stop and return to normal breathing. Do not practise while driving or in water.

# Your personal breath menu.

Choose practices you have tried comfortably. Use the book to check which options suit you and when to adapt or skip them.

My name: \_\_\_\_\_ Date: \_\_\_\_\_

| The moment                        | My chosen practice | What helps me keep it comfortable |
|-----------------------------------|--------------------|-----------------------------------|
| A pause in a busy day             |                    |                                   |
| Winding down in the evening       |                    |                                   |
| A moment to focus                 |                    |                                   |
| Before or after movement          |                    |                                   |
| Another moment that matters to me |                    |                                   |

My smallest useful routine on a full day:

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These pages are a reflection tool, not a test or a treatment. Choose a pause-free alternative when needed and follow the book's safety guidance.