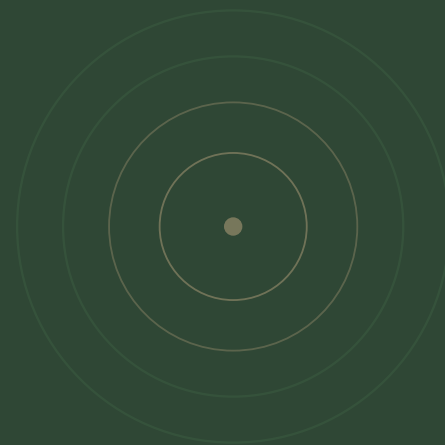


BREATHE BEFORE YOU BUILD



Three breathing tools for the moments that matter most in your business.

SITUATION 1

60 SECONDS

Before you record content or go live

Physiological Sigh

Double inhale through the nose (short sniff, then fill completely), long slow exhale through the mouth. Repeat 3 times.

Clears your head, drops your shoulders, brings your voice down and forward.

SITUATION 2

2-3 MINUTES BEFORE

Before a Discovery call or important conversation

Box Breathing

In through the nose for 4 counts. Hold for 4. Out through the mouth for 4. Hold for 4. Repeat 4 rounds.

Activates your prefrontal cortex. You stop reacting and start responding.

“Your breath is the remote control for your nervous system.”

— CIVANNI CANDAN

SITUATION 3

30 SECONDS

When you wake up, before you pick up your phone

Morning Anchor Breath

One slow breath in through the nose. One long exhale through the mouth. Feel your feet on the floor. Feel your body in the bed. That is enough.

Sets the tone for your entire nervous system for the day.

“Freedom doesn’t start with your business. It starts with you.”