



## 1.2 LEARNING EXERCISE

1. MAKE YOURSELF COMFORTABLE
2. CLOSE YOUR EYES AND
3. BREATHE IN FROM YOUR FEET
4. BREATHE OUT FROM YOUR FEET
5. SLOW DOWN YOUR BREATHING
6. BREATHE INTO YOUR HEART VISUALIZING YOUR BREATH ENERGY
7. BREATHE OUT OF YOUR HEART
8. CAN YOU REMEMBER A SPECIFIC TIME YOU FELT COMPLETELY EMPOWERED?
9. FEEL THE POWER OF THAT MOMENT AND GRATITUDE IN YOUR HEART
10. FEEL AS DEEPLY AS YOU POSSIBLY CAN AND MEMORIZE HOW YOU FEEL IN YOUR BODY FOR AS LONG AS YOU WANT.
11. OPEN UP YOUR EYES AND ACKNOWLEDGE