

RESOLUTION PHASE

Action-Able Exercise R4:

Two minutes daily of attention to slow breathing

Your first mission, should you choose to accept it, is to spend at least two minutes each day being aware of your breathing and slowing your exhalations.

Let yourself notice whatever else is going on and just return your awareness to your breathing over and over when you get distracted. Each time you remember to watch your breathing, extend your exhalation. This calms your body and focuses your mind.

Declare your first micro-resolution: For two minutes each day, I will bring my awareness back as often as I can to extending my exhalation.

- What strategies will you use to remember to do this simple task?

- How will you track the timing? Do you have a timer? Or what task will you pair this action with that takes around two minutes?

- How will you keep track of whether you did this task each day?

- Take notes on what helped you succeed with this task and what made it difficult to do.
