

## DISCOVERING THE POWER OF BREATH

Rate how you are currently feeling in the following areas of your life on a scale of 1—10.

First, be sure to record how you are feeling in all the above areas before you begin the exercise.

Second, take 5—10 upper breaths following the directions in this chapter. Now, rate yourself in each area again using the same 1—10 scale.

ATTITUDE	Before Exercise	After Upper Breaths	After Lower Breaths
Self Confidence			
Energy			
Creativity			
Imagination			
Sensory Awareness			
Peacefulness			
Self Control			

Finally, take 5—10 lower breaths following the directions in this chapter. Now, rate yourself in each area again using the same 1—10 scale.

Did you notice any improvements in your energy, self-confidence, creativity, imagination or sensory awareness after taking time to focus on your breath?