

FIX YOUR FOCUS

10 MINUTES

INNERCISE

[CLICK HERE TO PLAY VIDEO \(10 min\)](#)

When and How to Innercises?

This is an inner-exercise (=Innercise) you can use EVERY DAY to gain more awareness and self-control. Each one takes less than a minute!

INNERCISE #1: TAKE 6 (60 sec)

Take six deep rhythmic breaths, in through your nose, out through your mouth, as if you are blowing out a straw. As you breathe say:

*I breathe in calmness, I breathe out stress.
I breathe in calmness, I breathe out fear.
I breathe in calmness, I breathe out overwhelm.
(repeat)*

NOTE: Feel free to replace stress etc. with any other negative feelings you may be experiencing, e.g. anxiety, sadness, frustration, insecurity and replace it with a more empowering feeling. For example: I breathe in confidence, I breathe out insecurity.

INNERCISE #2: AIA (60 sec)

A: Awareness

I: Intention

A: Action

In a calm relaxed frame of mind, as you continue to gently breathe in and out, be aware of your physical, mental and emotional state and the behaviour you're engaged in, e.g. sitting, lying down, breathing (**Awareness**).

Next, ask yourself "What is my intention for this moment? For today? Is it to be stressed, anxious, frustrated, angry, sad... or is it to be calm and focused? Focus on what it is that you WANT, not what you DON'T WANT. (**Intention**)

Once you've chosen your intention, take one small, simple action-step toward achieving your goal. (**Action**)

Learning this process teaches you to have greater awareness and moves you out of an automatic reactive state and into a proactive state that you have more control over. With practice it can become the new default patterns that serves you better.

(Remember it takes a minimum of 67 days to build a new habit!)