



Let's Notice Our Breath

A gentle check in.

Day: _____

Date: _____

Section One - Settling in

Before you begin, take a moment to get comfortable.
You might place one hand on your chest and one on your belly.

Section Two - Observing the Breath

What do you notice about your breath and how does your body feel right now? Where does it feel like your breath is landing - chest, ribs, belly, or somewhere else? You might notice ease, tension, neutrality or something else entirely.

Section Three - Shifts Over Time

Did anything shift as you continued noticing - even slightly?
This could be physical, emotional, or simply awareness.

Gentle Reflection

Is there anything you feel grateful for in this moment of breathing?

Your breath is not a problem to solve -
it is a gift to notice. 

Remember...You're doing way better than you think you are.