

Thanks for participating in 21 days until 2021



21 to 21: DAY 10

Today, make time to do 4x4 breathing at least 4 times.

Inhale to the count 1 – 2 – 3 – 4

Pause to the count 1 – 2 – 3 – 4

Exhale to the count 1 – 2 – 3 – 4

Pause to the count 1 – 2 – 3 – 4

Repeat for 10 rounds = about 2 ½ minutes

SELF CARE

The power of being conscious of your breathing helps your body stay oxygenated so your brain functions better and you lower your stress level .



breathe.



To meditate with mindful breathing is to bring body and mind back to the present moment so that you do not miss your appointment with life. –Nhat Hanh

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Sign-up for SIX WEEKS TO SUCCESS (1/12 - 2/16) it's an awesome gift for yourself or others.

SEE YOU HERE TOMORROW FOR DAY 11