



Mind Your Breath

COACHING | WORKSHOPS | RETREATS

Date: \_\_\_\_\_

Today I'm grateful for:

A blessing I'd like to explore further:

### Recent triumph

1. How is this contributing to my life?
2. How is it contributing to my life?

### Current challenges

1. Through this I am learning

What meaning can I get from this challenge?

2. Through this I am learning

What meaning can I get from this challenge?