

Heart-Focused Breathing™ – Practice Plan

This worksheet is here to help you turn **Heart-Focused Breathing** into a simple, repeatable practice you can return to daily.

There’s no need to make this perfect. What matters is consistency, not intensity.

1: My Intention for This Practice

Why do I want to practice Heart-Focused Breathing right now?

(For example: to feel calmer, to reset between meetings, to sleep better, to respond rather than react.)

My intention:

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2: When I’ll Practice

Choose moments that already exist in your day. Simpler is better.

- On waking
- Before starting work
- Between tasks or meetings
- When I notice stress or tension
- Before sleep
- Other:

My chosen time(s):

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3: How Long I’ll Practice

Start small. Even 30–60 seconds is meaningful.

- 30 seconds
- 1 minute
- 2 minutes
- 3–5 minutes

My realistic starting point:

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4: My Simple Practice Steps

Use this as a gentle reminder, not a rulebook.

1. I place my attention in the area of my heart
2. I breathe a little slower and deeper than usual
3. I imagine my breath flowing in and out through my heart area
4. I allow my body to settle at its own pace

(Optional later: gently introduce a feeling of ease, appreciation, or care.)

5: What I'll Do When I Forget

Forgetting is part of learning. This is not a failure.

When I notice I've forgotten to practice, I will:

- Simply begin again
- Take one conscious breath
- Place a hand on my heart
- Say a gentle reminder to myself (e.g. "It's okay, I'm here now")

6: How I'll Know It's Helping

Rather than looking for dramatic change, notice small shifts.

I may notice:

- My breathing feels easier
- My thoughts slow down
- I respond more calmly
- My body softens
- I catch stress earlier

Anything else I notice:

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7: A Gentle Commitment

This is not a promise of perfection — just a direction.

For the next few days, I'm willing to practice Heart-Focused Breathing:

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You can return to this worksheet at any time and adjust it as your life changes.

Heart-Focused Breathing is not something to get right — it's something to come back to.