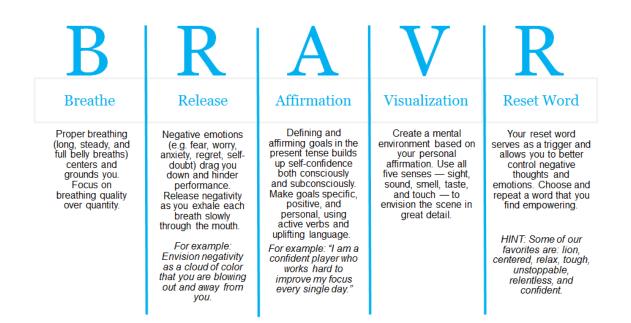


Meditation for the Busy Mind

- Set a 10 minute Timer
- Sit up comfortably with hands on lap
- Close your eyes
- Count on the inhale, suspend, count on the exhale
- Focus on your breath
- When your mind wanders, bring it back to your breath



Pre-Practice Mindfulness Exercise

For more information and to get your free download go to <u>www.PositivePerformanceTraining.com</u>