



## 9 Week Elemental Rhythm Breath Journal

### Week 1 – Intention

Why am I really doing this? What is the outcome of breathing better I would love to experience? Why does that matter? What will it allow me to do that I can't do now or what will it allow me to do better?

What will that outcome feel like when I make those changes? Take a few minutes to visualize and feel into it daily.

Daily Breath awareness track and take your own CP score.

How did you feel this week? Any noticeable changes in mood? Energy? Sleep? Other?

### Week 2

Have you tried mouth taping at night?

Try daily practice of balanced breath and or double exhalation.

Take your daily CP score (at least a few times per week minimum)

How did you feel this week? Check in with yourself.

### Week 3 – Morning Routine

Start with gratitude daily

What is your intention? Why did you start? How is your commitment going?

What is your affirmation for today / this week? I AM \_\_\_\_\_

This week can you do your routine every day?

What is your CP score this week?

How are you feeling? Any noticeable changes?

### Week 4 – Add a second Practice

Try adding a short breathwork session after work or before bed (one of the relaxing breathwork like double exhalation or 478 would be good before bed)

Continue all of the above.

Check in daily? Notice any changes? How is your CP score this week



### **Week 5 – Physical Stretches**

Continue Everything above and add some of the stretches to your daily routine.

Check in daily? Notice any changes? How is your CP score this week?

### **Week 6 – Getting Used to CO2**

This week we should start practicing increasing our CO2 tolerance. Slow and steady wins the race.

Check in daily? Notice any changes? How is your CP score this week?

### **Week 7 – Try an Apnea Table**

These aren't easy but they work!

Are you checking in with yourself daily? Notice any changes? How is your CP score this week?

### **Week 8 – Break on through**

Have you tried the Elemental Rhythm Breakthrough Experience Yet?

Are you Staying consistent with your practice?

What have you noticed this week? Are you keeping track of Daily CP Score? Mark them down here.

### **Week 9 – Keep Going you hit 60 days this week.**

What's next? Have you tried the creative visioning course?

Keep up your routine!