

HOW  
TO  
SIT



# DON'T JUST *do something,* SIT THERE

Change your state and boost your productivity with this three to thrive morning routine. How you start your day can have a rippling effect and give you the right state of mind to approach whatever challenge is ahead.

# three to thrive

## breathing exercise protocol

1 set of 10 breaths  
pause

Affirmation

### 01.

Expressing Gratitude

Choose 3 simple things to be grateful for:

childs smile  
weather  
family

1 set of 10 breaths  
pause

Affirmation

### 02.

Count your blessings

Imagine any problem that needs to be solved, solved.

Imagine healing energy and feeling that fully, circling around to intimate friends, family, & clients.

1 set of 10 breaths  
pause

Affirmation

### 03.

Think of 3 specific outcomes

See,  
Feel,  
& Experience

them as being done.