

Breathe to Succeed

by Sandy Abrams

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **The 4-7-8 Breathing Technique**

Inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds. This is Goldberg's foundational technique. Do it 4 times when stressed, before a meeting, or before sleep.

MON TUE WED THU FRI SAT SUN

- ⁰² **Nasal Breathing Challenge - 30 Minutes**

For the next 30 minutes, breathe exclusively through your nose. If you need to speak, pause and breathe. Notice the difference in calm and focus.

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- ⁰³ **Box Breathing - 5 Minutes Before a High-Stakes Event**

Before any performance: 4 seconds in, 4 seconds hold, 4 seconds out, 4 seconds hold. Five cycles. This is used by Navy SEALs. It works.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **One Week of Mouth Taping at Night**

If you mouth breathe at night, try mouth taping - a small piece of surgical tape over the lips. Sleep quality often improves measurably within one week.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Track Your Breathing in Stressful Moments**

Next time you're stressed, notice your breathing. Is it shallow? Rapid? Holding? The breath tells you the nervous system state. Change the breath, change the state.

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- ⁰⁶ **Diaphragmatic Breathing Check**

Lie on your back. Place one hand on your chest, one on your belly. Breathe so that only the belly hand rises. That's diaphragmatic breathing. Practice until it's automatic.