

MODULE 2. COACHING TOOLS

**READY
TO
START**

WORKSHEET 7.



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In this exercise I will invite you to focus on your breathing. **Mindfulness is the practice of consciously being here and now, without judgment or assessment. It involves fully focusing on the present moment and accepting it as it is.**

This exercise will help you focus on the present moment by carefully observing your breathing. Focusing on your breathing allows you to calm your mind and reduce stress.

Get ready! Find a quiet place where no one will disturb you.

- **Sit comfortably, with your back straight, and close your eyes.**
- **Focus on your breathing. Notice how the air flows in and out of your body.**
- If your thoughts start to wander, gently bring them back to your breathing.



Continue this exercise for 5 minutes.



After completing the exercise, reflect and write down:

What thoughts occurred during the exercise?

Have you noticed any changes in your well-being?