

Breathwork Motivation Paper

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Breathwork foundations with Michael Nuss

My dreams of every day feelings

1. By practicing breathwork: How do i want to feel on the physical level on a daily basis?
(for example: relaxed, energized...)
2. By practicing breathwork: How do i want to feel on the mental level on a daily basis?
(for example: Optimistic thoughts, mental clarity/focus)
3. By practicing breathwork: How do i want to feel on the emotional level on a daily basis?
(for example: i want to feel free, happy, joy ...)
4. By practicing breathwork: How do i want to feel on the spiritual level on a daily basis?
(for example connection to..., harmony, grateful for life)

Reconnect with your dreams

- before each breathwork session you do
- whenever you are dealing with motivational setbacks or external challenges that get between you and your daily practice.

Dont just read your dreams, RECONNECT to your dreams every time you read them.
VISUALIZE powerful images AND FEEL your dreams every time you read them.

Strategies for making breathwork a daily habit.

Make a plan. Create time for breathwork. Write it down in your schedule.

You will not find time for breathwork. You have to create time for it.

If you want to make it happen, you have to schedule it and then protect that timeslot. So first of all, choose a time (the same time every day will work best!). Write it down in your schedule! This will help you a lot. After four years of consistent practice, I still have „breathwork“ standing in my calendar every morning. According to a study of Dr. Gail Matthews, if you write down what you want to achieve, your success rate of actually achieving it rises by an astonishing 39 %.

Write it down and you will make it happen.

Doing your breathing exercises at the same time and at the same place every day will make it easier to make it a daily habit.

Use Habit stacking to make breathing exercise a daily habit

You can also use habit stacking. It works like this: You connect the first breath of your session with a habit that you already have. For example:

Let's assume every morning you sit down on your kitchen table. This is a habit you already have. Now CONNECT this habit you already have with the new one habit you want to create. You can write down this connection like this:

„At the moment I sit down on the kitchen table in the morning, I take the first deep breath of my breathing exercise“

Or you want to do the breathing exercises every evening. Let's assume that you read a book every evening. Then you can write down:

„At the moment I close my book every evening, I take the first deep breath of my breathing exercise.“

You get the idea? You use a stable habit to remind you „ah, now it's time for breathwork“ and to lead you into the first deep breath. The next one will already come easier.

Decide a time of the day when you want to do the breathing exercises. Reflect, with actions you already do automatically in this time of the day. Then decide to add your breathing exercises to this and write this connection down:

The Moment I....., I take in the first full, deep breath of my breathing session.

If you want to learn more about habit building, I recommend reading the book „Atomic Habits“ by James Clear.

Find accountability partners and exchange one time a week

Meet someone one time a week and report about your habit building process. This will help a lot! I told you by writing down your goals you reach 39 % more goal achievement. According to Dr. Gail Matthews, sharing your progress with somebody on a regular basis will skyrocket your success rate to 76,7% !!

You can ask a friend to do this with you one time a week, hire a coach for that or find

someone in a facebook group that is interested in creating a breathwork habit himself.

Accountability partner meeting structure

Here is a good way to structure your accountability meeting. You can also use this structure for reflecting your process in a journal. That will also be very powerful. But it will be more powerful if you share your reflections with a partner.

Take some deep breaths together. Then the first person begins:

Report about your dreams and goals.

Report about your successes of the last week. How many times have you been practicing?

How did you manage to motivate yourself to achieve to practice?

Report about your failures. How did you fail exactly? What was the exact obstacle that hold you back from practicing. Be as precise as possible? (external or internal?) How did you react to the obstacle? What would be the easiest to perform and most effective strategy you could use to deal with the obstacle next time to succeed?

What are your goals for the upcoming week?

Then change roles and the other person reports.

Make sure to schedule a date for the next week.

Create other healthy habits

I have used the outlined steps for creating a breathwork, exercise, meditation and journaling habits. Healthy habits support each other and create an upward spiral of overall well being. You can do that too. Just keep in mind to do it step by step and to create one habit after the other.

Support others

Feel free to share this motivation paper with anyone that would be happy about support in creating a healthy daily habit.

Reflect on long term benefits of daily breathwork.

If you want to deepen your commitment even more, please reflect on the long term benefits of daily breathwork. How can daily breathwork improve your

Career? Relationships? Health? Relationship to yourself?

In the next 3 years? Write down your reflections.

In answering these questions you create a destiny and each time you do your breathing sessions you come closer to your destiny. This is your dream you are running towards to. You can also create a nightmare you want to run away from. That's also very powerful.

Reflect on the question: What will it COST you if you DONT take action do breathwork every day?

How will **not** taking action impact your

Career? Relationships? Health? Relationship to yourself?

In the next three years? Write down your reflections.