

BELLY BREATHING INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Set Up

- Sit in a quiet area with minimal distractions
- Open the exercise on the mind-n app/web and follow the instructions.
- Practice regularly and track your progress.

02 Masterclasses

- The Attention Architect: Design The Day for Deep Work
- The Sprint Mindset: Managing Cognitive Energy
- The Zone Defense: Protecting Deep Work

03 More Tools

- Quiet the Mind
- Alpha Span
- Complex span