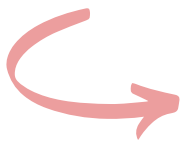


Day 3

Complete the practice



PART 1



PART 2

Find a comfortable space away from distractions and have a pen and paper, or notebook, with you.

Take a deep breath in and release.

Listen to the audio in part 1 and write down your thoughts (as directed).

When completed, take another deep breath in and release.

Listen to the audio in part 2 and write down your thoughts (as directed).

Complete the printed Day 3 Journal page below.

Enjoy your day!