Centering exercise

Let's begin

with your feet firmly on the ground
place your hands on your knees or at your sides
Gently inhale in count 1234567 8
Exhale and count 1234567 8

Repeat

• Slow down your thoughts relax your body become calm and focused
• Now that your mind is calming and slowing begin to focus on the task at hand
• Break the tasks down into small pieces that seem to be easy to reach
• Give yourself permission to be here now
• Be grateful for this moment and this very breath, breathe slowly think of all the confusion and clutter around you and allow that to slowly fade away
• Breathe and release the thoughts from your mind breathe bring yourself to a clearing, clear your thoughts, clear the confusion, and focus on the task at hand.
• Breathe and focus breathe and focus slowly begin to think of the things to do and breathe and bring yourself back to the place you to begin and create.
• Awake and begin