

Practice 1

Breathe



"Between stimulus and response is a space." Viktor Frankl

Why This Matters

Many of us spend our days in reaction mode — emails, texts, difficult conversations, situations that change without warning. Over time, reacting can become our default setting.

Taking a breath creates space between what happens and what we do next. It allows us to respond with intention rather than habit, emotion, or urgency.

Some of our best decisions are made not in the moment of pressure, but in the moment we choose to pause and breathe.

Reflection Questions:

What situations most reliably trigger an automatic reaction in me?

What is a question I can ask when taking a breath?

What does it cost me when I react without thinking?

Daily Practice:

Before responding to a difficult email, text, or conversation, take one intentional breath.

Bloom Beyond Reflection

One small step I will take this week: