
LIVE BREATHE CALM: THE 5-MINUTE DAILY RESET

*A Simple Guide
to Less Stress & More Focus*



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WELCOME

Hey Sis,

Life is LIFE-ING, and the stress can feel overwhelming. But here's the good news: mindfulness doesn't have to take hours –just five minutes a day can help you reset, recharge, and refocus.

Inside this guide, you'll find:

- ✓ A 5-minute reset routine to calm your mind instantly
- ✓ A simple breathing technique to lower stress in seconds
- ✓ A daily affirmation & reflection prompt to help you feel more in control

This is your first step toward a more peaceful, balanced life. Let's get started!

💡 Want more? Try the full Live Breathe Calm membership for FREE for your first month! [[Click here to join.](#)]



THE 5-MINUTE RESET ROUTINE

☀️ Step 1: The Centering Breath (1 Minute)

- Sit comfortably, feet on the floor.
- Inhale deeply through your nose for 4 seconds.
- Hold for 4 seconds.
- Exhale slowly through your mouth for 6 seconds.
- Repeat 3-5 times.

💡 Why? This slows your heart rate and resets your nervous system.

☀️ Step 2: Tension Release Scan (2 Minutes)

- Close your eyes and scan your body from head to toe.
- Identify tension (jaw, shoulders, back) and breathe into those areas.
- Roll your shoulders, stretch your neck, or gently shake out your hands.

💡 Why? Physical tension builds up throughout the day, often without us noticing. Releasing it also frees mental space.



THE 5-MINUTE RESET ROUTINE

☀️ Step 3: Grounding Exercise (2 Minutes)

- Place your feet flat on the ground.
- Identify:
 - 5 things you see 🖼️
 - 4 things you can touch 🍄
 - 3 things you hear 🎵
 - 2 things you can smell 🌿
 - 1 thing you can taste 🍰

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💡 Why? This helps break anxious thought loops and bring you fully into the present.



INSTANT CALM BREATHING EXERCISE

Try this whenever you feel overwhelmed:

- 1 Breathe in deeply through your nose for 5 seconds.
- 2 Hold for 3 seconds.
- 3 Exhale slowly through your mouth for 7 seconds.
- 4 Repeat 3-5 times.

💡 Bonus Tip: This is a great reset before meetings or after stressful conversations.

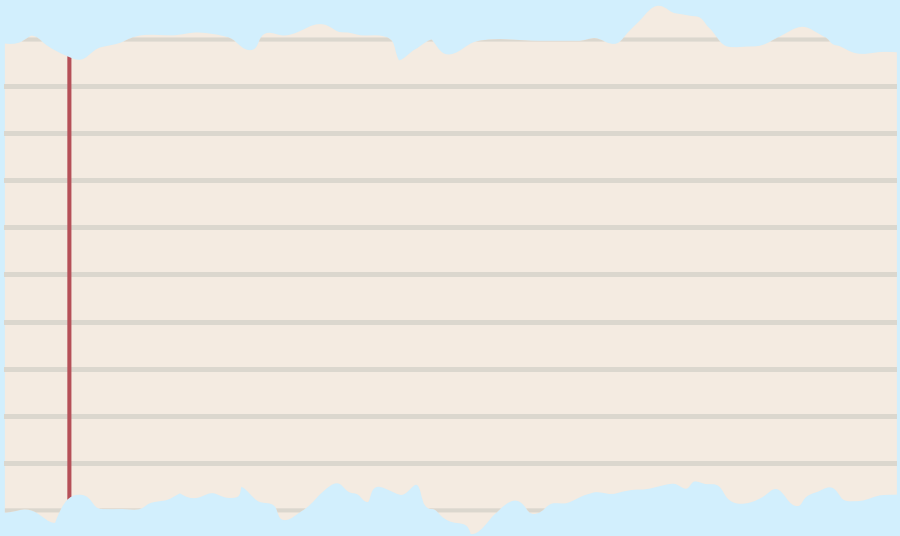


DAILY AFFIRMATION & REFLECTION PROMPT

☀️ Today's Affirmation: I am calm, focused, and in control of my energy.

✏️ Reflection Question: What is one small way I can create more peace in my day?

💡 Journaling Tip: Writing even one sentence can make a difference!



A large, light beige rectangular area with a torn paper top edge, containing horizontal lines for journaling. A vertical red line is on the left side.

TAKE THE NEXT STEP – TRY YOUR FREE MONTH!

🎉 Congratulations! You've taken the first step toward a calmer, more balanced life.

But what if you could keep this momentum going every day?

- ✓ Monthly mindfulness exercises (bite-sized & easy to follow!)
- ✓ Exclusive guided meditations to calm your mind instantly
- ✓ Powerful affirmations & journal prompts for clarity & self-growth

📌🎁 Try it FREE for 30 days! Cancel anytime.

[[🔗](#) Click here to claim your free month!]

