



Inner Light Counseling & Wellness

SELF-COMPASSION RESET



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How to use this Workbook

This resource provides brief tools to implement for a quick reset. Set aside some time to connect with yourself, reflect & reset. Revisit when in need of a quick reset and check in with self.



Questions?

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Simple Breathwork Practices

5-7-8

- Inhale through your nose for 5 seconds
 - Hold for 7 seconds
- Exhale through your mouth for 8 seconds
 - Repeat 4 rounds





Simple Breathwork Practices

Box Breathing for Grounding

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds
- Visualize a square. Repeat 3-5 rounds.

Section





WHAT LIMITING BELIEFS AM I READY TO RELEASE?

