Greetings!

Hi, this is Brian!

I hope you enjoy this Workbook as you discover how to optimize your breathing for calm, focused energy.

We created it to help you move from theory to PRACTICE and really hope you love it.

Every one of our Master Classes (on everything from Greatest Year Ever 101 + Masterpiece Days 101 + Conquering Procrastination 101 + Love 101 + ... :) comes with its own Workbook just like this.

You get instant access to all those Classes as part of our $10/mo membership program.

If you’re feelin’ it, we’d love to welcome you to our growing community!

(Sign up here!)

For now, I hope you enjoy the Workbook and here’s to Optimizing!

Brian Johnson
OPTIMAL BREATHING 101
HOW TO OPTIMIZE YOUR BREATHING FOR CALM, FOCUSED ENERGY
OPTIMAL BREATHING
101 HOW TO OPTIMIZE YOUR BREATHING FOR CALM, FOCUSED ENERGY

1. O₂ = CELL FUEL

2. O₂ + CO₂ OVERBREATHING INTO TISSUES & ORGANS

3. RULE #1 BREATHE through your NOSE

4. RULE #2 BREATHE into your BELLY

5. RULE #3 EXHALE

6. WHEN? ALL DAY. EVERY DAY.

7. YOUR BREATHING COUNT

8. VAGUS MIND GETAWAY

9. THE 4S'S

10. PERFECT BREATHING

MIND TRAIN MICRO-MOMENTS MINDFULNESS

RESONANT RATE 35-5

KNOw HOW CHECK IF DO IT NOW!
WHICH STATS AND BASIC INFORMATION IS NEW FOR YOU?

TAKE SOME NOTES

BREATHE

SLEEP

EAT

MOVE

70%

DETOX

20%
O₂ + CO₂ = OVERBREATHE

The Worksheet

RECAP THE BENEFITS OF HAVING CO₂ IN YOUR BODY IN YOUR OWN WORDS...

BREATHE LESS TO BREATHE RIGHT!
Rule #1: Breath Through Your Nose

The Worksheet

1. Watch yourself in different situations - how do you breathe?

2. Try using the magic spot - is it working for you?
   Check in now and then - jaw open? Hearing yourself? Can you discover any habits?

3. The Perfect Breath Highway
   - Humidify & Filter Station
   - Calm Zone
Rule #2: Breathe into your belly

Practice resistance breathing: breathe 30% less and breathe out longer than you inhale. Take some notes on your experiences...

- Direct experiences?

- After a while: notice differences when doing sports?
Rule #3 Exhale

The Worksheet

Exhale

Take your time

1. Test the relaxing power of exhaling—any stressful situation coming up?

2. How can you remind yourself in stressful situations to breathe right?
3 WAYS TO TRAIN BREATHING!

WHAT IS YOURS?

1. SLEEP
   - Only use if medically qualified/healthy!
   - Try some loop 3M micro pore surgical tape

2. DELIBERATE
   - Install a practice?
   - When exercising?

3. MICRO-MOMENTS OF MINDFULNESS
   - Everyday!
   - 
   - 
   - 

DISCOVER YOUR BREATHING COUNT!

1. Resonant Rate 3.5-5

   4-1-6 (5.45)
   5-1-7 (4.62)
   6-1-8 (4)

   TRY DIFFERENT RATES

   FROM

   TO (GOAL)

2. HOW WILL YOU PRACTICE?
1. Next time you find yourself upset, go into your resonant rate - what happens?

2. Any situations coming up where you will need emotional control?
**Optimal Breathing 101**

**The 4 S's**

**The Worksheet**

**Superman**

Any challenge with your posture? When?

**Spartan**

How can you establish your own Spartan-breathing-challenge?

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**Sports**

Are you doing any sports or training a team? Apply your new breathing wisdom!

**Screens**

Check: Are you suffering from screen/mail apnea?

What do your breaks look like? Any chances for stepping away from your screen and going outside...
PERFECT BREATHING

ARE YOU RECALLING THE TOP 3 RULES?

KNOW HOW

HOW WILL YOU REMIND YOURSELF DURING YOUR DAY TO CHECK YOUR BREATHING?

CHECK IF

DO IT NOW!

ANY PLANS FOR ESTABLISHING SPECIFIC BREATHING PRACTICES IN ADDITION?
WHAT'S YOUR BIGGEST IDEA?

RECAP IN YOUR OWN WORDS OR VISUALS

SHARE WITH SOMEONE