

*just  
breathe*

# STEP ONE

**Empty your mind  
Take three deep breaths  
Notice your breath  
Do you feel anything?  
Notice your breath,  
If your mind starts to wonder away,  
bring it back to the now.**

# **STEP TWO**

**Slowly open your eyes**

**Place your two hands on your heart**

**Repeat these words:**

**I am kindness,**

**I am peace,**

**I am love,**

**I am exactly whom I was created to be.**