

# Life Coaching *with* Asha Tarry

## MINDFUL BREATHING INVENTORY

In this exercise, it is recommended that you turn off your devices, go to a place such as a chair, the floor, or your couch where you can sit up and in a comfortable position, with your feet either touching the floor or straight out in front of you (if you're sitting on a bed or parallel on the couch). Bring your gaze down and begin with an inhale, then an exhale. Do this several times until you relax your brow, release your tongue from the top of your mouth, relax your jaw, and drop your shoulders. On each exhalation, deepen your awareness and as you continue to move down your body to the soles of your feet and toes, be mindful of what you are sensing about yourself. (It may help to read the questions first, record them on your phone as a guided body scan meditation that you playback, or have someone read the questions below, slowly and one at a time.)

1. As you use your breath to guide your awareness of what you feel, what do you notice?
2. Do you notice things feel the same as they did a moment ago, or have they changed?
3. Does your breathing change as you continue to scan?
4. What else do you notice about your breath as you scan yourself?
5. What do you notice about your internal and external environments-do you hear anything, sense anything, feel anything?

