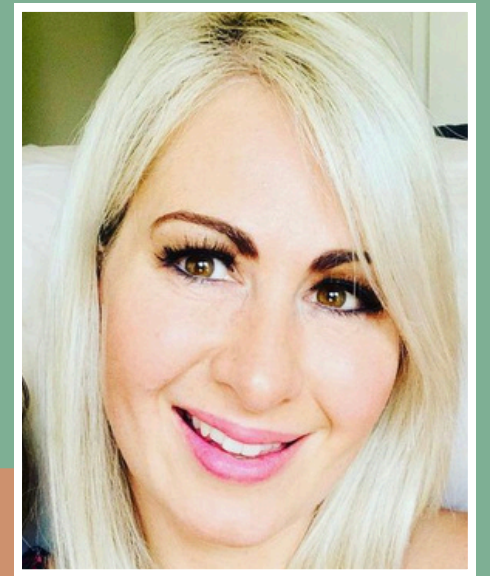


# **5 TIPS TO REFOCUS IN ANY SITUATION FOR ALL AGES**

**YOUR HABITS DETERMINE YOUR FUTURE - JACK CANFIELD**



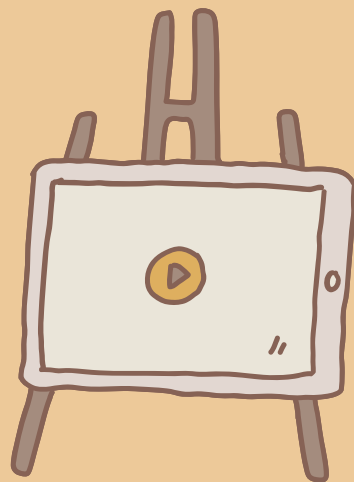
01



## **BREATH MINDFULLY**

Take slow, deep breaths to calm your mind, nerves and racing heart. Reshift your focus back to the here and now.

02



## **POSITION AND POSTURE**

Change your position, and shift your focus back to the here and now. Sit up straight, shoulders back. Show yourself you can do this!

03



## **SMILE**

Make a small smile. As you breathe deeply, shoulders back, force yourself to make a relaxed smile. It will help you feel more confident.

04



## **REPEAT YOUR MANTRA - OM**

Repeat your positive mantra over and over a few times in your head. A simple vibration can relax your body and reset your brain.

05



## **MOVE ON AND DON'T GET STUCK!**

Move on to the next question and return to the question you struggled with. Do not waste time or your focus.

**INFO@THECOACHINGCOLLECTIVE.CO.ZA**  
**SUPERCOACH\_CANDY2121**