

# ABCs

NOW THAT WE SEAS THE DAY  
WITH OUR BREATHING, WE ARE  
READY TO BUILD ON THIS  
CONCEPT WITH OUR ABCs.

*School may be out, but that does not mean that we are not able to master our ABCs during this down time.*

Our brain is a thinking machine. We have many thoughts that come in and out of our mind, sometimes very quickly. At times these thoughts are helpful and at times they are not.



Start by identifying a time during your day when you were feeling a bit worked up or stressed. Grab a piece of paper and write down what you were thinking about during that time. Now take a few SEAS breaths. Write out a few things that would have been more helpful to think about during that time. After you do this for a few days, you are ready to try it in real time. Once or twice throughout the day, practice some ABCs:

- **A** – be **A**ware of where your head is at
- **B** – **B**reath
- **C** – **C**hoose what you want to think about and focus on

Using your ABCs will help you learn to shift your attention to what is helpful and help you to stay more in the present moment when you perform.



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