



Assignment #1:

When we speak of “inner presence” what do you think of?

Assignment #2:

Can you think of some people who exude a strong inner presence?

Assignment #3:

Do the deep breath exercises we discussed on the video. As you concentrate on your breath, what thoughts come to mind? As other thoughts come to mind, release them and return to concentrating on your breath.

Day Two



Assignment #4:

What are 3 ways that having more inner presence will help you succeed in the next 6 months?

Assignment #5:

Go to your calendar and schedule at least two times during the course of your day where you will stop and concentrate on your breath for at least two minutes.

Notes:
