

Breathe Deeply

Reflection Guide

When do you find it easy to slow down and be still? Why?

When do you find it hard to slow down and be still? Why?

What could you change in your daily life to open up 15 minutes to simply be still?

What steps would you need to take to open up an occasional morning or afternoon or evening (or even a full day!) that had *nothing* in it – no other people, no distractions, no activities?

What benefits do you believe that slowing down and being still would have for you personally?

