

# CHAOS TO CALM

## 4: ANCHOR WITH INTENTION

### PRACTICE

Write down one word/phrase to guide your day.

### BREATHE

Choose a positive word for yourself to match your intention. Inhale “I am,” exhale your chosen word (repeat 5 times).

### DO

Bring palms together at the heart or belly, or touch something solid and grounding (a tree/ bench etc) bow slightly, breathe into your intention.

THE BAREFOOT SALT GYPSY

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