



The Entrepreneurs' Therapist

CORE FORMS

© PRACTICE SHEET ©



OUT ▶

IN ▶

◀ IN

◀ OUT



Repeat 4 – 6 x



IN ▶

◀ OUT



Repeat 4 – 6 x



IN ▶

◀ OUT



Repeat 4 – 6 x



IN ▶

◀ OUT



Repeat 4 – 6 x



Relaxed Breathing
1 – 2 Minutes
Soft Focus