



MY BREATHWORK TRANSFORMATION JOURNAL

Unlocking Energy, Health &
Vitality

One Breath at a Time





WELCOME TO YOUR BREATHWORK TRANSFORMATION!

We're thrilled to have you take on this incredible journey of self-discovery through breathwork!

Breathwork is an ancient practice with the power to unlock a universe of potential within you.

Imagine yourself brimming with energy, radiating health, and pulsating with vitality. Breathwork can help you achieve just that. By mastering the simple yet profound power of your breath, you can find a deeper sense of well-being, navigate stress with greater ease, and cultivate a profound connection to your inner self.

This journal is your dedicated companion on this transformative journey. It will guide you through daily practices, provide space for reflection, and celebrate your victories along the way.

Approach this experience with an open heart and curious mind. Be willing to experiment, explore, and witness the magic that unfolds as you learn to harness the power within your breath.



HOW TO USE THIS JOURNAL

MAKE IT A HABIT:

Aim to journal after each breathwork session for maximum impact.

BE HONEST

This is your personal space for exploration. Authenticity in your reflections is key to unlocking deeper insights.

JOURNAL MAP

DIVE DEEP

Don't just skim the surface. Explore your thoughts, feelings, and bodily sensations after each practice.

EMBRACE CURIOSITY

Ask yourself questions, delve into experiences, and witness the transformation unfold.



INTENTION SETTING

Why Breathwork?

Before you begin, take a moment to set your intention. This helps guide your practice and fuels your motivation.

Ask yourself:

- What do you hope to achieve through breathwork? (e.g., more energy, better sleep, reduced stress)
- What transformation do you desire? (e.g., inner peace, increased creativity)

This intention will be your guiding light throughout your journey.

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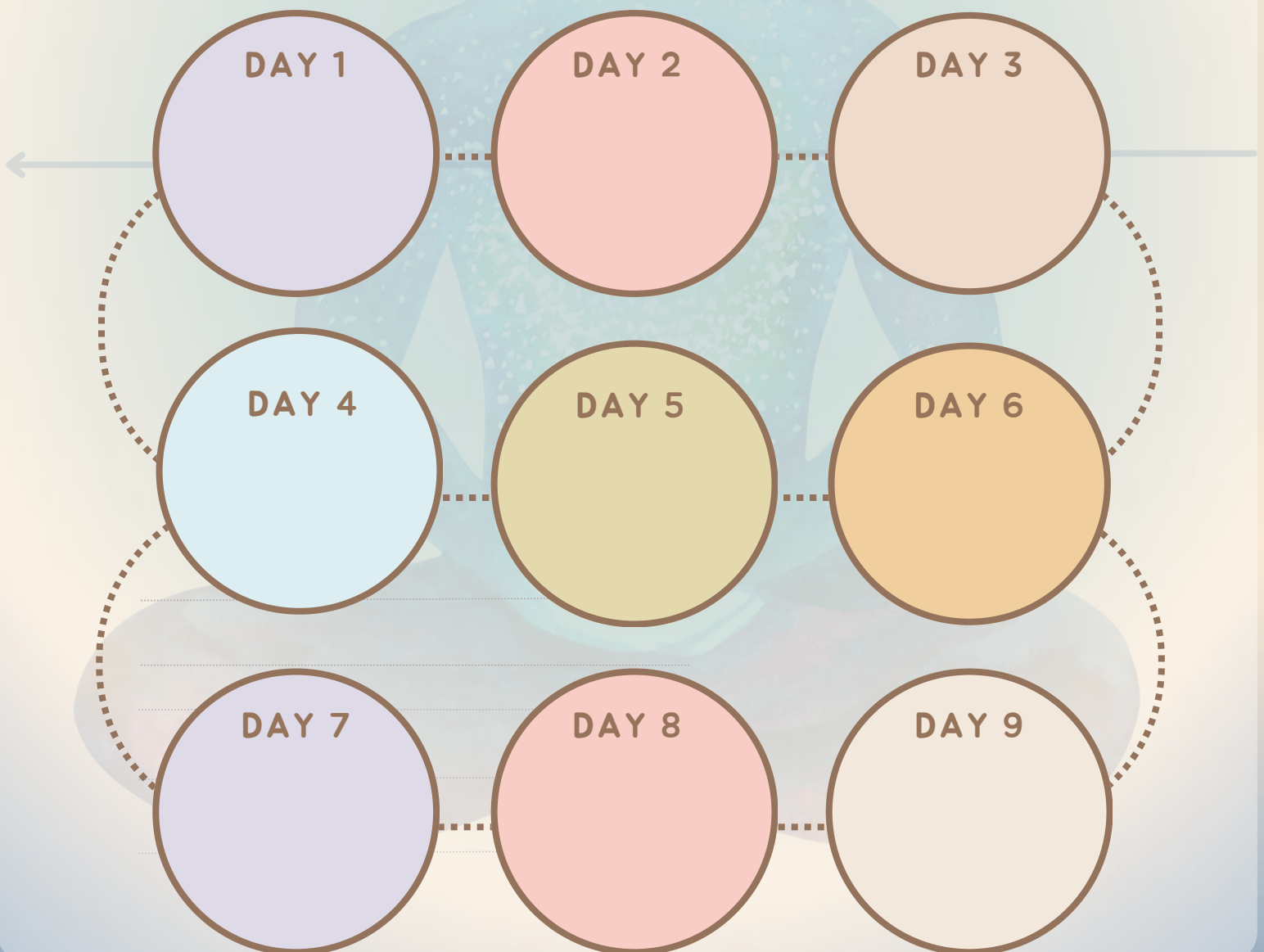
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GOAL SETTING

In this space you may list your specific goals for the 9-day breathwork challenge. This could include aspects you want to improve, like reducing stress, boosting energy, or deepening sleep.





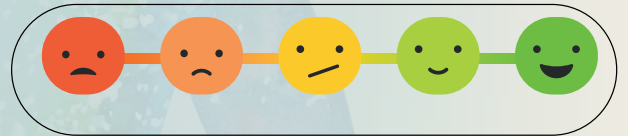
SELF-ASSESSMENT (PRE-CHALLENGE)

Before we begin on your breathwork journey, let's establish a starting point. Answering these questions will help you track your progress and celebrate your achievements throughout the challenge.

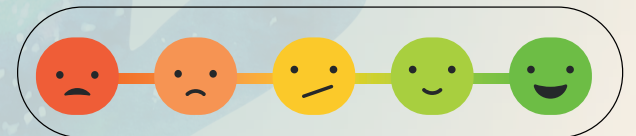
Instructions:

Circle Your Smile: Choose the smiley that best reflects your current state (1 = sad, 5 = very happy)

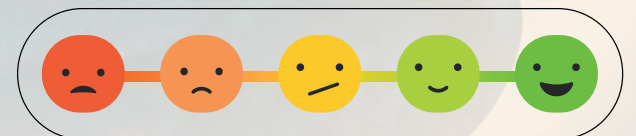
* Energy Levels: I feel energized throughout the day



* Stress Levels: I feel calm and in control most of the time



* Sleep Quality: I fall asleep easily and wake feeling rested



* Emotional Well-being: I generally feel happy and optimistic





NAME

DATE

BREATHWORK TECHNIQUES PRACTICED	

Mood/Emotion Tracker

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VERRYSAD ← → VERY HAPPY

Duration of session(min)

Energy Rating



Intensity Scale



OBSERVATION/REFLECTIONS

TODAY'S QUOTE

Include an inspirational quote that resonates with you or reflects your journey



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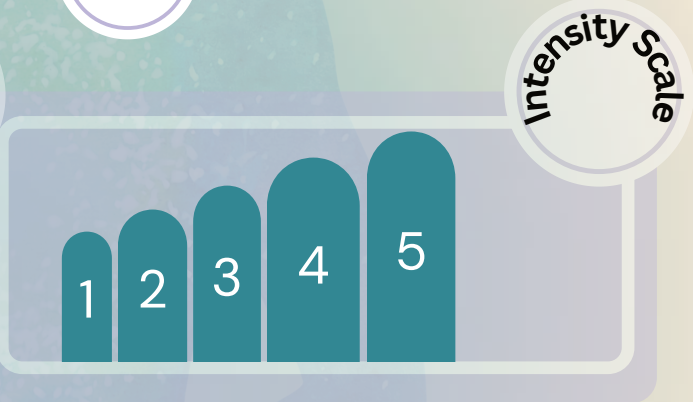
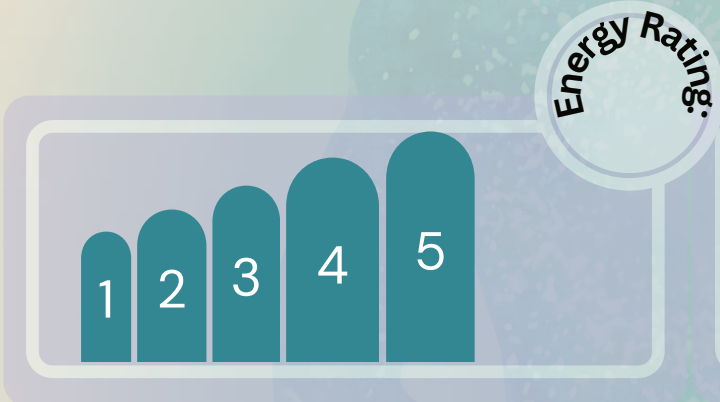
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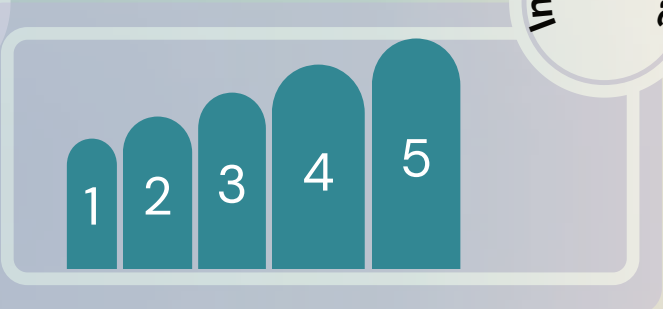
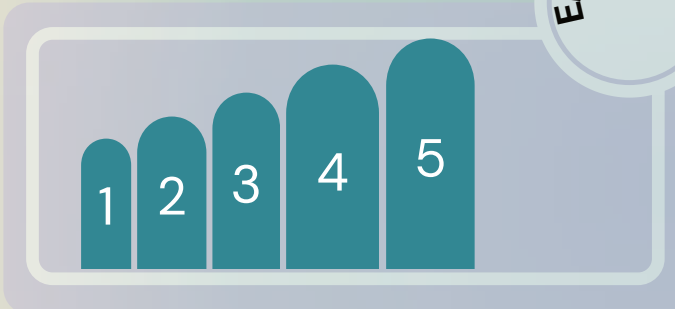
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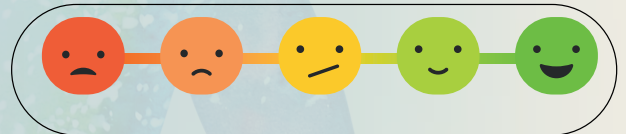


SELF-ASSESSMENT(POST-CHALLENGE)

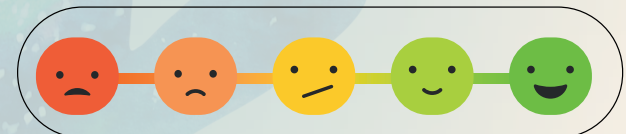
Congratulations on completing your 9-day breathwork challenge!!!

We're curious to hear about your experience and how your breathwork practice might have impacted you. Please take a few minutes to answer the following questions to assess any changes you might have noticed.

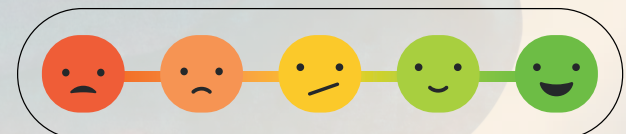
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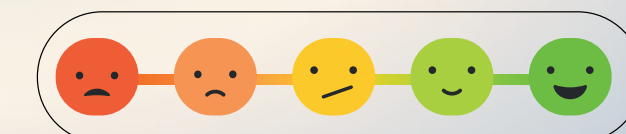
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* Emotional Well-being:I generally feel happy and optimistic





SELF-ASSESSMENT (POST-CHALLENGE)

Describe any noticeable changes in your physical or emotional well-being since starting the breathwork challenge.

Which breathwork techniques did you find most beneficial during the challenge?

How has breathwork changed your daily stress routine?

How often will you practice breathwork? (Daily, Weekly?)



BE AN INSPIRATION FOR OTHERS

We'd love to hear about your breathwork experience! Share your insights and progress with our vibrant community.



Scan this QR code or click below link

Post your progress on
[The School of Breath facebook community](#)



Scan this QR code or click below link

Leave a comment on
[our The School Of Breath - YouTube video](#)



Scan this QR code or click below link

For more advanced practise
[Enroll to Swara Yoga Course](#)



Scan this QR code or click below link

Other courses that we offer
[Restful Sleep Membership](#)

"Keep breathing deep and keep thriving."



**THANK YOU
FOR YOUR PARTICIPATION**

