

# WORK SHEET – Exercise 5C

## To be zen and attentive

When you feel restless, impatient and overexcited, it's difficult to stay attentive and focused at the same time. Climb back up the ladder to become both zen and attentive.



10. I'm both zen and attentive.

9. I ask myself: "What's that? How do you do that?"



8. I give myself time to explore...



7. I smile. I calmly savour my joy.

6. I tell myself: "This is great".

5. I close my eyes and breathe deeply.



4. I stop. I ground myself like a tree.

3. I breathe too quickly.

2. I'm agitated, distracted, unfocused.



1. I'm excited and impatient.



