

# Module 3:

## Moving from Depletion to Renewal: Keeping Your Inner Battery Charged

The Depletion to Renewal Grid is a science-based exercise for expanding self-awareness of the attitudes and emotional undercurrents we experience and understanding how those emotions affect key aspects of our physiology, performance and how we act and behave. The Attitude Breathing Technique, an on-the-go coherence technique, can be used in daily life to “turn around” emotional stress reactions.

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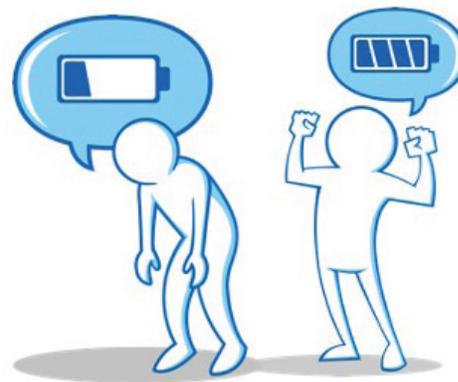
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### Emotional Undercurrents

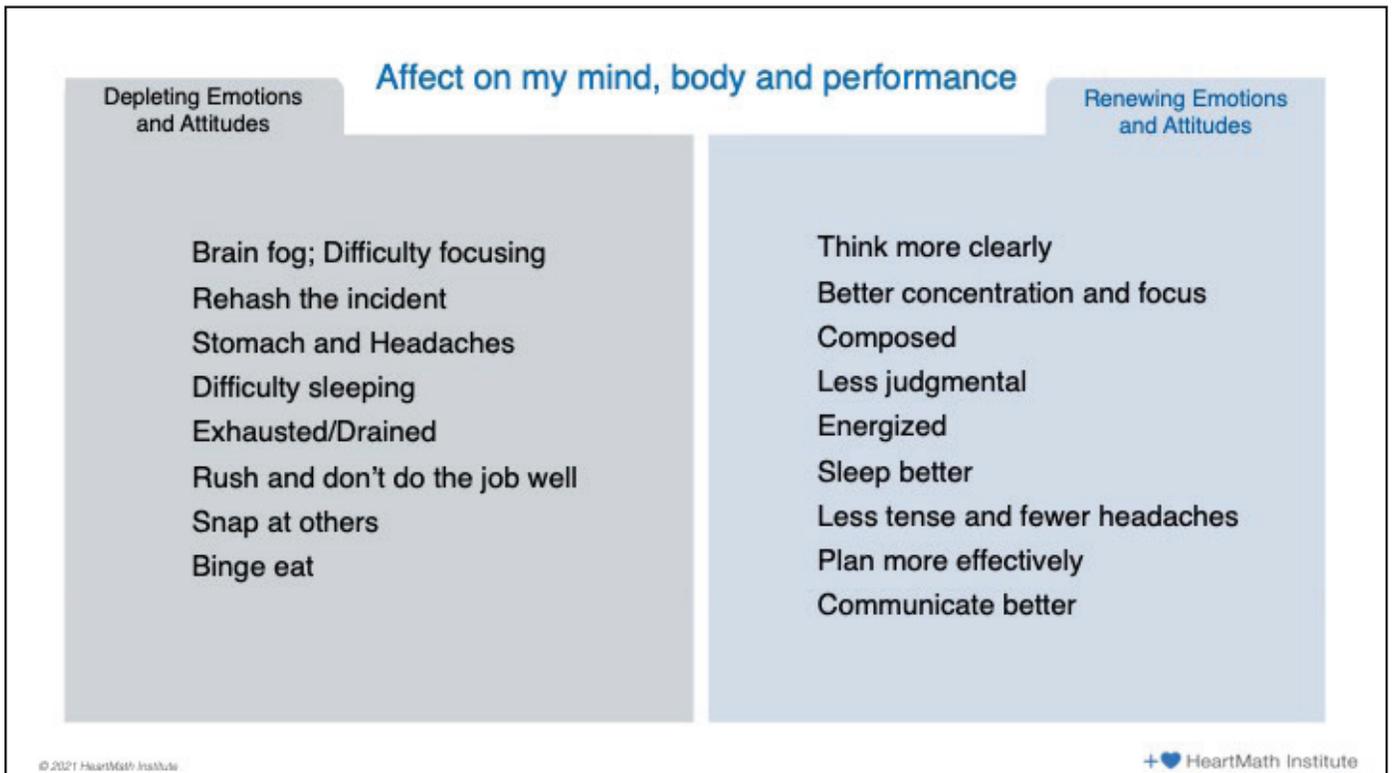
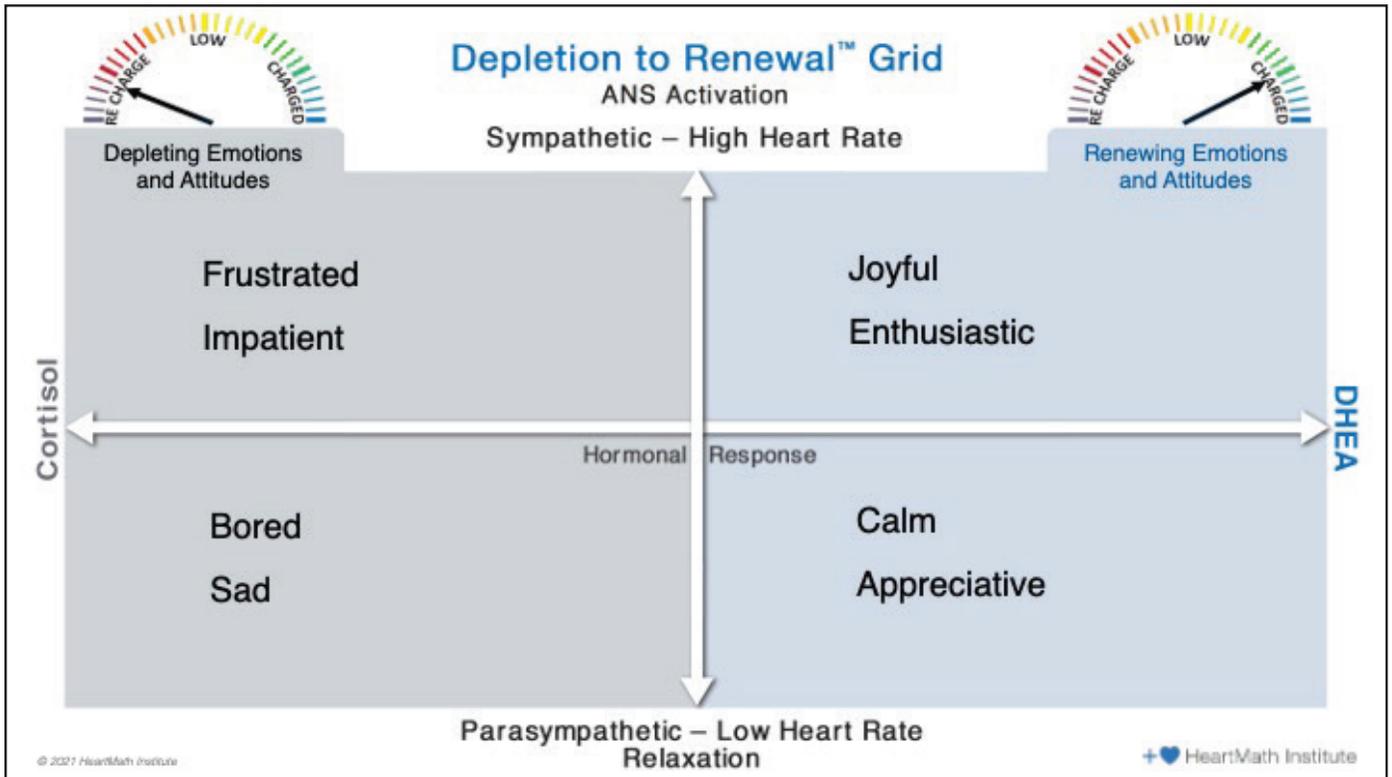
Negative, lower vibration attitudes can generate emotional undercurrents that can become ingrained and automatic. These undercurrents can create relational tension and deplete energy.

#### Self-Awareness

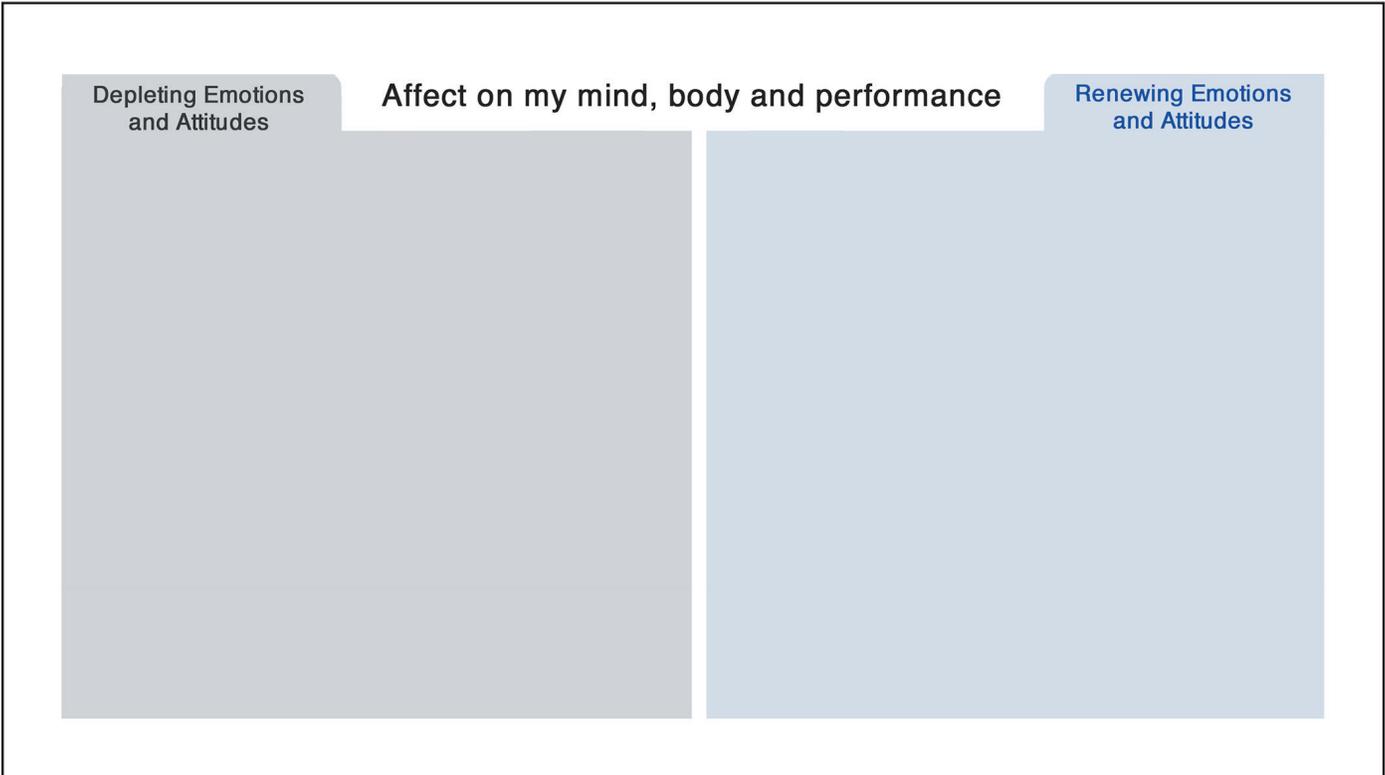
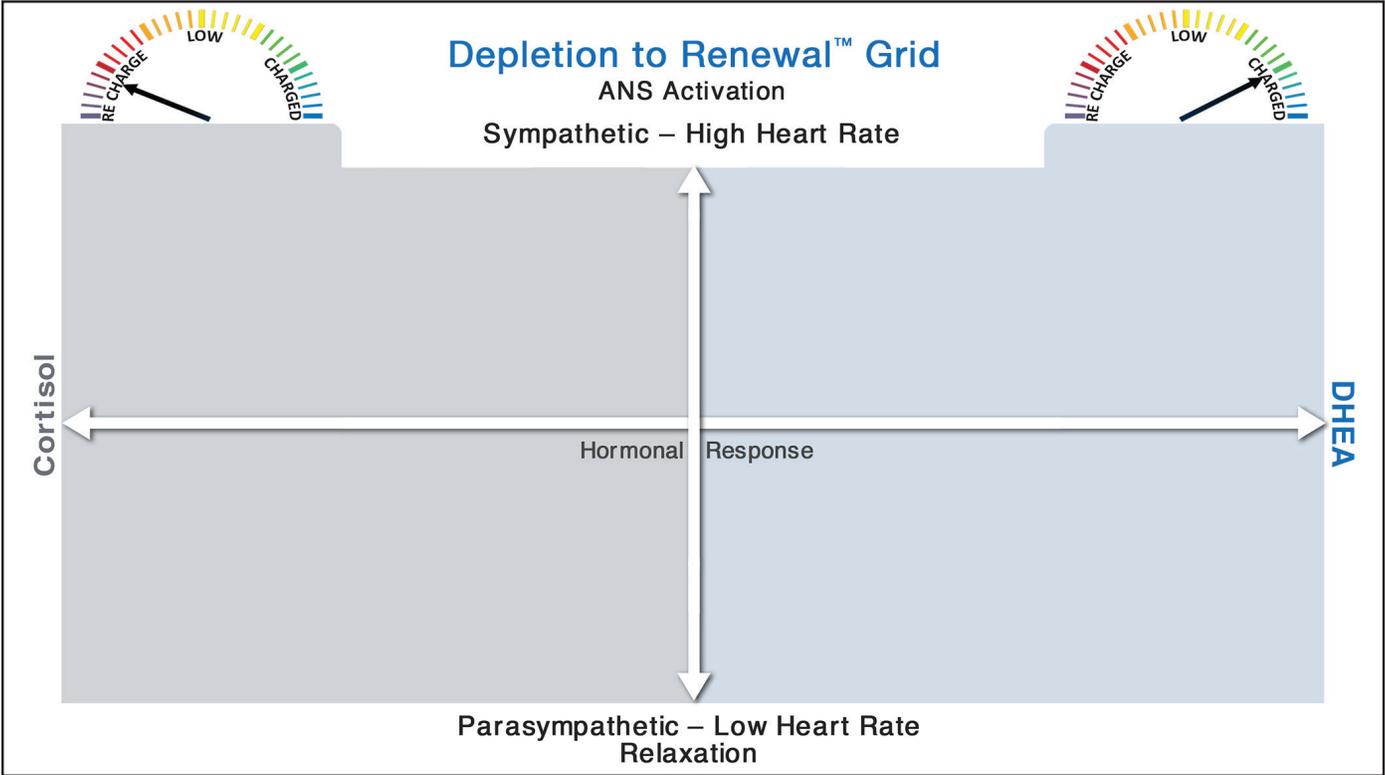
One of the most important steps in being able to self-regulate is to expand our awareness and identify unnecessary energy expenditures.



# Depletion to Renewal™ Grid Exercise



# Depletion to Renewal™ Grid Exercise



# Attitude Breathing™ Technique

Feelings, emotions and attitudes are malleable and can be changed. The Attitude Breathing Technique helps to instate replacement attitudes and feelings that are more effective and save energy.

**Step 1.** Recognize the feeling or attitude you want to change and identify a replacement attitude.

**Step 2.** Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

**Step 3.** As you continue heart-focused breathing, practice breathing in and increasing the feeling of your new replacement attitude.

*Suggestion: If you can't find a replacement attitude, just breathe a feeling of calm or neutral through your heart area. This often helps draw to us the quality feelings that lift our attitudes and perceptions.*

**Step 4.** Practice maintaining your new attitudes and perceptions as you move through your day-to-day interactions.

*Suggestion: Use Attitude Breathing on-the-go and to reset your replacement attitude if it starts to fade. You can also use Attitude Breathing when you're feeling good to instate a heart quality you would like to experience more often, such as gratitude or appreciation.*

Once you are familiar with practicing the steps above, try the Quick Steps.

## Quick Steps

1. Recognize
2. Heart-Focused Breathing
3. Breathe in the new attitude
4. Maintain the new attitude

*Attitude is the difference between an ordeal and an adventure. – Unknown*

# Attitude Breathing™ Exercise

The Attitude Breathing Technique is a coherence technique for emotional self-regulation. With practice, you can use it any time you are experiencing a depleting, energy-draining attitude or feeling and then shift, in the moment with eyes open, to an uplifting or renewing attitude.

Practicing this technique can help you become more coherent and experience greater emotional stability, clearer thinking and feel better overall. You can also use it to anchor renewing attitudes and emotions you're already experiencing.

Depleting attitude \_\_\_\_\_

Renewing replacement attitude \_\_\_\_\_

## Depleting Attitudes

Stressed  
Overwhelmed  
Impatience/Frustration  
Judgmental (of self and others)  
Anxious  
Angry  
Confused

## Renewing Attitudes

Breathe Calm, Ease or Neutral  
Breathe Ease or Peace  
Breathe Patience  
Breathe Kindness or Compassion  
Breathe Calm  
Breathe Ease or Neutral  
Breathe Clarity

In what situations or interactions will you practice the Attitude Breathing Technique?

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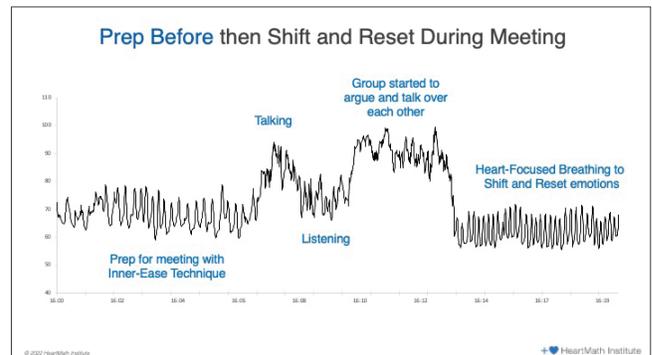
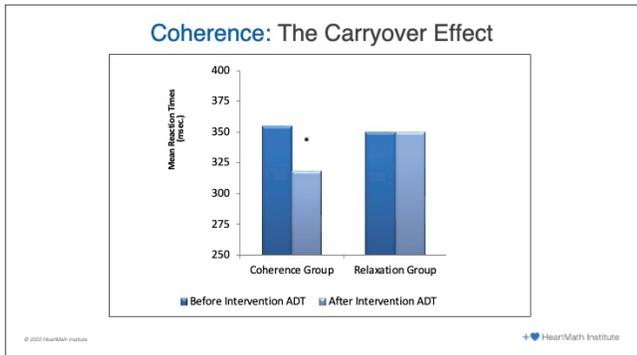
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*The greatest day in your life and mine is when we take total responsibility for our attitudes. That's the day we truly grow up. – John C. Maxwell*

A primary source of the stress we experience is when we are not bringing our heart qualities and values, such as patience, kindness, appreciation or honesty into our daily lives.



■ **What is your main takeaway?**

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**Practice Opportunities**

- Pay attention throughout each day and notice where you are on the Grid.
- Practice the Attitude Breathing Technique to shift from the left side of the Grid to the right.

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