

# Bonus HW

Journal a typical day. Write down how you spend every hour.

Review and Analyze:

3 Biggest Time Suckage Activities

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

3 Activities I Want to Keep or Make More Time For

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

3 Income Generating Actions I can take each day

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## Stress Relief

3 Things that Relieve Stress for Me:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

3 Right-Brained Stress Relief techniques

I can try:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## Meditation

Listen to the free meditation mp3 on the TRBE Coaching Program site. Find a quiet place to sit and use headphones. Breathe deeply and when you get distracted, count your breath. Use circular breathing: in through the nose, out through the mouth.

Download a free Meditation app for on-the-go stress relief.

## Mandalas

Find a quiet place to sit with a printed mandala template and colored pencils. Turn on relaxing music if you wish and color the mandala in however you like.

# Resources

- Free Meditation Mp3

<http://therightbrainentrepreneur.com/trbe-coaching-program/>

- Meditation apps

<http://www.examiner.com/review/top-free-meditation-apps>

[http://www.huffingtonpost.com/2013/03/19/meditation-apps-inner-peace\\_n\\_2900544.html](http://www.huffingtonpost.com/2013/03/19/meditation-apps-inner-peace_n_2900544.html)

- Mandalas

<http://printmandala.com/>

A great one for your Ipad:

<https://itunes.apple.com/us/app/mandala-coloring/id552376658?mt=8>