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The Life Coach Toolman

Dear Subscriber

Here are your **Scared Space Tools®** from **101 Tools Life Coaches Use.®**

I hope you will find it fun to use yourself or with your clients!

After you've taken a look, I'd love to hear your feedback, comments or suggestions.

Enjoy!

Kind regards

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P.S. You can get a free copy of 20 Tools Life Coaches Use® by [clicking here.](http://www.life-coach-tools.com)

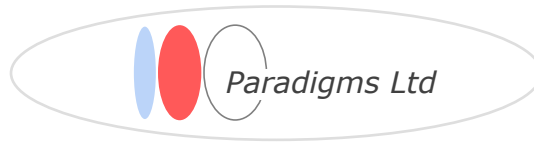
## Creating Sacred Space\*

*To help relax, and get in touch with your feelings.*

### Exercise:

- Try taking five minutes in the morning for **mindfulness** – such as consciously trying to be present with your morning coffee or tea as you drink it.
- As thoughts inevitably arise, just **observe** them and let them pass
- If you feel this is a valuable practice you can relate to, move on to the next tool ... **21 Breaths**





## 21 Breaths

Mindful breathing helps us to become aware of our thoughts and learn not to follow them.

In the beginning, you will probably find your mind wanders like a puppy following a scent.

We have the best intentions of controlling our thoughts, but you will probably find that your mind wanders and you may eventually catch yourself thinking about something like growing cabbages on Mars!

It is important not to be disillusioned when this happens; it only takes an instant to bring your attention back from wherever your mind has wandered off to.

Before you begin, check that you are breathing from your diaphragm and not just your chest.

You can ensure you are breathing from your diaphragm (your stomach region) by placing your hand on your tummy and breathing. If your hand moves with your breath, you are breathing from your diaphragm.

If you find yourself breathing from your chest, try to consciously change your breathing so you breathe from your diaphragm and become aware of your breath.

When you are ready ...

### How To:

- **Wake** yourself up if necessary with some cold water on your face, it is best not to consume caffeine before this exercise.
- **Sit** somewhere comfortable and quiet.
- Ensure your **back** is supported and straight.
- When you are relaxed and breathing comfortably, count back from 21 breaths to 0.
- **Breathe** from your stomach and let your attention rest on the coming and going of your breath. Count 21 ... Breathe ... Count 20 ... Breathe ... etc.
- As thoughts arise, just let them pass.
- **That's it!**
- As a beginner, if you find your mind wandering, resist the urge to keep starting from 21 until you get all the way down to 0. It is more important to **establish** a regular habit than it is to do this exercise perfectly.





## 3 Minutes of Relaxation

*A tool that can be used as a lead in for meditation practice.*

### Exercise:

- **Sit** somewhere comfortable and quiet, where your back is supported and straight.
- Set your alarm – your mobile phone can be handy for this – for **three** minutes.
- **Breathe** from your stomach and let your attention rest on the coming and going of your breath. As thoughts inevitably arise, just let them pass.

