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## **Build Your Self-Command Muscle Through 10-Second PQ Reps**

**In this 10-second practice, bring your full attention, as much as you can, to one of your physical sensations. This practice can be done in the moment of stress to help bring you back to a more positive mindset...**

*Your Sage.*

- **Before getting out of bed in the morning, notice your head against the pillow, the blankets against your skin.**
- **Focus on the water (sound, feel) as you shower.**
- **Rub two finger tips together focusing on the ridges of both fingers.**
- **While moving, feel your feet as they hit the ground. Notice every muscle in your legs.**
- **Stand in nature and just observe what's around you. Activate one sense at a time (what do you see, hear, smell, feel...)**
- **Really feel the warm water as you wash the dishes.**
- **Look in the eyes of a loved one and really see his/her inner beauty.**
- **Look at something with such attention that you see all the intricate details.**
- **As you listen to music, focus on one instrument.**
- **Hear your own breathing as you inhale and exhale.**
- **Tighten up the muscles in your face, hold and then relax completely.**
- **Close your eyes as you eat and focus on the food: taste, texture, smell, temperature.**
- **Rub both hands together and feel your finger tips and palms.**
- **Take a bit of food. Close your eyes and really notice taste & texture.**
- **Feel the lather of soap as you wash your hands. Take your time and stay focused.**