

# Breathwork Cheat Sheet for Realtors

*Quick resets for busy days + big deals*

## 1. THE 4-7-8 RESET (BETWEEN SHOWINGS)

### How:

- Inhale through your nose for 4 seconds
- Hold for 7 seconds
- Exhale slowly through your mouth for 8 seconds
- **Why:** Calms the nervous system, lowers stress before the next client.

## 2. BOX BREATHING (BEFORE BIG CALLS OR CLOSINGS)

### How:

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds
- **Why:** Boosts focus, reduces overwhelm, helps you feel in control.

## 3. 5-MINUTE GROUNDING BREATH (END OF DAY WIND DOWN)

### How:

- Sit comfortably, feet on the floor
- Inhale deeply through the nose for 5 seconds
- Exhale slowly through the mouth for 5 seconds
- Repeat for 5 minutes
- **Why:** Signals your brain it's safe to power down. Helps you actually rest.

*Reminder. You can't pour from an empty cup.  
One good breath can reset your whole day.*

