



The Practicing Leader

# 5-8-1 Mindfulness

A 14 Minute Mental Reset for Busy Leaders

5 MINUTES

PHYSICAL MOVEMENT

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GO FOR A WALK

WALK THE  
STAIRS

STRETCH

YOGA POSES

8 MINUTES

MEDITATION

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CALM APP

PELOTON

UCLA APP

DEEPAK CHOPRA  
AFFIRMATIONS

1 MINUTE

DEEP BREATHING

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BOX BREATHING  
AT 4 COUNT

CALM APP

APPLE WATCH