

5-MINUTE SHADOW RESET



THROUGH STILLNESS, WE REMEMBER OUR STRENGTH

1. Breathe (1 min)

Use the 4-7-8 technique:

- Inhale (4 sec)
- Hold (7 sec)
- Exhale (8 sec)

Then repeat for 3 rounds. 🫶

2. Close & Center (1 min)

Softly let your eyelids close. Return to normal breathing or even focusing on a longer exhale than your inhale will keep your mind calm. Feel the weight of your body. Anchor inward. Almost like your sinking into whatever surface your sitting or laying on. 🏠

3. Enter your Sanctuary (2–3 min)

Imagine a place where your soul feels safe and powerful. Could be a childhood memory or could be a location you've always wanted to go that is quiet. Use your senses to deepen:

- Temperature: warm sun, cool breeze, crisp air
- Moisture: humidity, mist, dryness
- Smell: earth, rain, pine, salt, smoke
- Sound: wind, waves, whispers, silence
- Color & detail: notice everything around you

Stay fully present in this space until time is up.🌀

4. Return With Intention

Gently open your eyes. Carry this grounded, steady, awakened energy into the rest of your day.👁️👁️

REFLECTION: WHAT ENERGY ARE YOU CHOOSING TO EMBODY AS YOU MOVE FORWARD?

WANT TO TAKE YOUR EVOLUTION TO THE NEXT LEVEL?

DM OR EMAIL ME “I’VE GOT THE POWER” AND LET’S BUILD THE STRENGTH, STRUCTURE, AND SYSTEMS THAT UNLOCK YOUR NEXT CHAPTER. ⚡

SHADOW WOLF PERFORMANCE

THROUGH STRUGGLE COMES EVOLUTION

