

---

## BREATHWORK FOR PERFORMANCE

→ Upgrade Focus, Recovery & Mindset – With Flow Science & Mental Fitness Principles.

---

### Why Breathwork is a High-Performance Skill

Breathing is the remote control for your nervous system. Done right, it can sharpen focus, speed recovery, regulate emotions and unlock Flow on demand.

In The Performance Engine™, we use breathwork across all three pillars – Flow, Mental Fitness, and Recovery – to help you train the state you need, when you need it.

---

### 1. Flow Breathwork

Flow follows focus – and your breath is one of the fastest ways to direct that focus. Flow-oriented breathing balances oxygen and carbon dioxide levels, calms mental noise and creates the physiological conditions for deep work.

Example Flow Breathwork Technique: Box Breathing (4-4-4-4)

- Inhale through your nose for 4 seconds
- Hold for 4 seconds
- Exhale through your nose for 4 seconds
- Hold for 4 seconds

Repeat for 2-4 minutes before a high-focus task.

### Peak Move: 90-Second Flow Trigger

- Before a high-challenge task, inhale through your nose for 4 counts, hold for 2, exhale through your mouth for 6.
  - Repeat for 90 seconds while picturing the first action you'll take. You'll prime your focus circuits and nudge your brain into "Flow follows focus" mode.
- 

### 2. Mental Fitness Breathwork (PQ)

In PQ Mental Fitness training, breath is used as a mindfulness anchor – a way to quiet your Saboteurs, activate your Sage perspective and bring attention fully into the present moment.

Example PQ Rep: Breath Sensory Focus

- Close your eyes and take a slow breath in through the nose.
- As you exhale, notice the subtle temperature change between inhale and exhale.
- Repeat for 10-20 breaths, focusing entirely on the sensation.

---

### Peak Move: PQ Rep Anchor Breath

- Inhale deeply and feel the air fill your lungs. As you exhale slowly, bring all your attention to the physical sensation – the rise and fall of your chest, the feeling in your nose, the warmth leaving your body.
- Do 3-5 breaths like this to silence mental chatter and boost presence before a critical conversation or decision.

---

### 3. Recovery Breathwork

Recovery breathing helps switch your body from fight-or-flight mode (sympathetic) into rest-and-digest mode (parasympathetic). This is key to rapid reset after intense work or training.

#### Example Recovery Technique: 4-7-8 Breathing

- Inhale quietly through the nose for 4 seconds.
- Hold the breath for 7 seconds.
- Exhale through the mouth for 8 seconds.
- Repeat for 4 cycles.

### Peak Move: Box Breathing Reset

- Breathe in for 4 counts, hold for 4, exhale for 4, hold for 4.
- Repeat for 2-4 minutes after intense work or training. This simple rhythm downshifts your nervous system, helping you bounce back faster for your next effort.

---

### Quick-Start Exercise

Pick one Flow technique, one PQ Rep, and one Recovery method from above.

Practice each for just 2-3 minutes daily over the next week. Notice how your state shifts – and how much faster you can get back to high performance.

---

---

## Next Step: Activate Your Performance Engine™

Breath is your fastest lever for shifting state – but it's just one part of the system.

In The Performance Engine™, we integrate these tools with mental fitness, recovery protocols, and Flow triggers so high performance becomes your default.

👉 Step 1 > Take the free 5-minutes [Saboteur Assessment](#).

NB: Pls select "Yes" to the question "Were you referred by a coach?"

*It's revealing, insightful, and usually sparks some big "aha" moments around the mental patterns that may be quietly holding you back.*

👉 Step 2 > Let's decode your top Saboteurs on a complimentary [Saboteur Discovery Session](#).

👉 Step 3 > [Activate Your Performance Engine](#)

---

