

My Breath Dashboard

Where your breath lives tells you what state you are in.

When you remember, lay a hand low on your belly and notice: did the breath move down low and easy, or stay up high in the chest and neck? No fixing. Just reading the dashboard.

My breath notes

Day / moment	Low & easy, or up high?	What was happening

DRIFTING UP IS INFORMATION

A breath that climbs into your chest is not a failure. It is your system telling you it has tipped toward guarding. Now you can answer it.