

Business Breath Compass

Your daily toolkit for
clarity, energy & calm

Breathe better.
Lead better.
Live better.

Kyla Mawson

www.earthheartbreath.com.au



Why Breath Matters in Business

Your breath is your most powerful yet overlooked business tool.

Every inhale and exhale shapes how you lead, decide, and communicate.

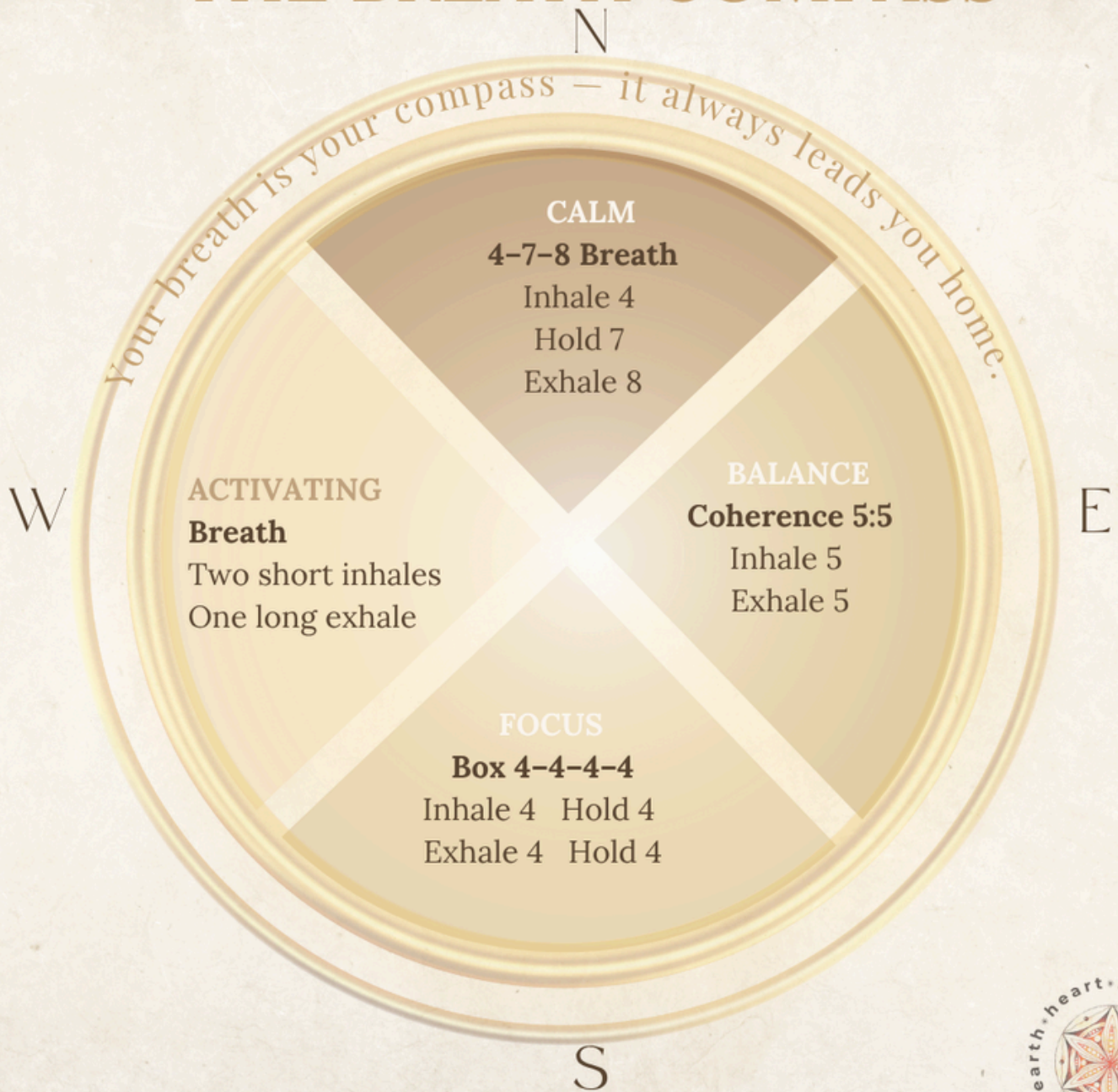
The Breath Compass helps you stay grounded and clear — no matter the pressure.

When you control your breath, you manage your state.

When you manage your state, you change your outcomes.



THE BREATH COMPASS



The Breath Compass – Map Your Inner Flow
Each direction of the compass holds a different rhythm.
You can use them throughout the day to support your body and energy.

The Four Directions

The Breath Compass — Map Your Inner Flow”

Each direction offers a breath pattern and purpose.

North – CALM (Evening Reset)

4-7-8 Breath

Inhale 4 — Hold 7 — Exhale 8

→ Ground, unwind, prepare for rest.

Best for evening, stress release, overthinking.

East – BALANCE (Morning Coherence)

5:5 Coherence Breath

Inhale 5 — Exhale 5

→ Align heart and mind, awaken gently.

Best for centering and clarity.

South – FOCUS (Midday Reset)

Box 4-4-4-4

Inhale 4 — Hold 4 — Exhale 4 — Hold 4

→ Stabilise energy, sharpen attention.

Best before meetings or decision-making.

West – ENERGY (Creative Flow)

Activating Breath

Two short inhales — one long exhale

→ Uplift mood, release stagnation.

Best for creativity or afternoon fatigue.



The background of the slide is a soft-focus photograph of a workspace. In the center is a silver laptop with a white screen. To the left of the laptop is a white ceramic cup holding a pair of silver-handled scissors. To the right is a tall, slender potted plant with green leaves. The overall aesthetic is clean and modern.

Environmental Compass Adjustments

- North (Calm): Dim lights, clear desk at day's end.
- East (Balance): Open curtains, let in fresh air.
- South (Focus): Organise workspace, stand tall.
- West (Energy): Step outside, stretch, invite movement.

Breath Compass in Action — Your Daily Rhythm

Morning –

East – Balance

Coherence Breathing

Breath instruction

Inhale for 5, exhale for 5 — no pause — 2–3 mins.

Environment Boost:

Open a window or step outside for natural morning light.

Midday –

South – Focus

Box Breathing

Breath instruction:

Inhale 4, hold 4, exhale 4, hold 4 — 2 mins.

Environment Boost:

Remove 3 items from your desk or take a 3-min walk.

Afternoon

West – Energy

Activating Breath

Breath instruction:

Inhale 4, hold 4, exhale 4, hold 4 — 2 mins.

Environment Boost:

Remove 3 items from your desk or take a 3-min walk.

Evening

North –Calm

4-7-8 Breath

Breath instruction:

Inhale 4, hold 7 , exhale 8 — 5 rounds.

Environment Boost:

Close laptop, clear desk, dim lights.



Integrate Your Breath Compass

Small, consistent changes in the way you breathe can

Small, consistent shifts in your breath
transform the way you think, feel, and lead.

Begin each day by asking,

“Which direction do I need today — Calm, Balance,
Focus, or Energy?”

Let your breath become your compass.

— Kyla Mawson

Visit www.earthheartbreath.com.au to book your free
call.

*When you take care of your nervous system, you're not
just supporting your health — you're building a stronger,
more sustainable business.*

