



CULTIVATOR

Breathwork Archetype

Breathing exercises for a nurturing, kind, and caring internal processor.



Breathwork Quiz Workbook

Created for you by: BREATHE CONNECT THRIVE

CULTIVATOR SELF-HEALER BREATHWORK ARCHETYPE

Self-care exercises for a nurturing, kind, and caring internal processor!

Here's how you can use your Cultivator self-healing archetype power to create a self-care plan that's best for you.

Create a predictable and simple self-care routine.

- Your unique ability to internally process can sometimes cut off your emotional access when choosing a self-care strategy. So it helps to create a self-care routine ahead of time and make it a priority in your daily habits.
- Because you're laid back and casual, it's best to have quick and easy-to-remember practices you can regularly implement without feeling pressured.

Have a backup plan.

- Although you try your best to stick to a routine, tuning into your emotions might be challenging when you're feeling unmotivated (or running late). So being prepared by keeping some simple exercises when you're overwhelmed is crucial.

Ask for help, then take time for just you.

- You might feel like you don't want to burden others, so reaching out might not be your first go-to. But getting outside of your head and staying connected is one of the things that might help you gain more insight and information about your emotional and spiritual journey.
- Treat yourself to some self-care, and then you can show up to nurture all those connections you've cultivated.
- And don't forget to ask for help from the Universe, your higher self, or your own inner guidance through meditation, prayer, breathwork, yoga, or whatever option makes you feel soothed.

On the following pages, you can create your spell-binding self-care plan.

MY SPELL-BINDING SELF-CARE PLAN

Top 3 things I can do to make my self-care a priority:

My top 3 quick and easy-to-remember practices I can regularly implement without feeling pressured

My top 3 simple, go-to exercises when I'm running late, unmotivated, or feeling overwhelmed.

Top 3 people that I can connect with & help me feel understood.

Top 3 ways I can treat or nurture myself.

Top 3 ways I can connect with the Universe, my higher/wiser self

CULTIVATOR SELF-HEALER BREATHWORK ARCHETYPE

Breathing exercises for a nurturing, kind, and caring internal processor.

You recover best through soothing, quick, and easy techniques that leave you feeling loved, energetic, and nourished.

Your Personalized Self-Healing Breathwork Strategy includes Breathwork exercises like:

- Lotus Seal Mudra: a hand seal and breathing practice to help you feel calm, focused, and resilient.
- Roller Coaster Breath: a tactile breathing technique that helps you calm yourself and return to a focused state when things go awry.
- Short bursts of Slow-paced Conscious Connected Breathwork or Soothing Integrative Breathwork: so you can get out of your logical mind and release emotions on a deep visceral level, so you don't carry them around with you.

But feel free to change it up. What works one day might not work the next. [So click here for a few more breathing tools.](#) Then use the following worksheet to note which exercises shift your energy back to your logical, steady, dependable self.

A few journal prompt questions for you are:

- How am I feeling?
- How do I want to feel?
- Which breathing technique can I use at this moment?
- How is the quality of my breath now?
- What's shifted for me?

BREATH + OBSERVATION CHART

What works one day might not work the next. So use this worksheet to keep track of how different breathing exercises shift your energy.

Date: _____ Quality: _____

Regulation: _____ Check-in: _____

Other Notes:

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Regulation: _____ Check-in: _____

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HITHERE

After leading hundreds of Breathwork, Tarot, Reiki, Chakra balancing, meditation, and restorative yoga sessions, I've realized that different personalities have specific ways of healing. YOU HAVE A UNIQUE WAY OF HEALING!



I'm Francisca Hernandez, a Conscious Connected Breathwork facilitator, yoga instructor, meditation guide, aromatherapist, Reiki Master, and Tarot reader. And I'm here to support you on your self-healing breathwork journey!!

The truth is, no matter how much yoga, meditation, therapy, or coaching you do, you're still gonna have shitty days. And sometimes, you need to release all the anger, sadness, shame, guilt, and frustration to gain clarity, reconnect with your intuition, trust yourself, and feel stronger about moving forward in your life.

That's why I created the **SOUL SHIFT BREATHWORK MEMBERSHIP**, a magical breathwork & tarot membership to help you clear your energy, tap into an increased sense of peace, and reconnect with the wisdom of your soul. It's a safe container to fully surrender and release all those pent-up emotions draining your energy.

I CAN'T WAIT TO WALK ALONGSIDE YOU AS YOU JOURNEY THROUGH THE MEDICINE OF YOUR BREATH AND WATCH YOU COME OUT THE OTHER SIDE FEELING LIGHTER, LESS ANXIOUS, MORE POSITIVE, AND MOST IMPORTANTLY, FEELING LIKE YOURSELF AGAIN!



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[\\$33 A MONTH](#)