



Summary and Active Recovery: Resonant Breathing (Leah Lagos - Elite HRV)

Integrate and Review

Flow Short Scale

Think about your experience at work over the past week. On a scale of 1-5 please rate the extent to which the following are true during this time period: (1=Never, 2=Rarely, 3=Sometimes, 4=Frequently, 5=Always)

1. I feel I am competent enough to meet the demands of the situation.

2. I do things spontaneously and automatically without having to think.

3. I have a strong sense of what I want to do.

4. I have a good idea about how well I am doing while I am involved in the task/activity.

5. I am completely focused on the task at hand.

6. I have a feeling of total control over what I am doing.

7. I am not worried about what others may be thinking of me.

8. The way time passes seems to be different from normal.

Total:



Notes