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## Blog #3 -

# CLIENT STORY - From Anxiety to Flow

**WHY AM I SHARING THIS STORY?** Because it serves as a reminder that we all encounter daily challenges, and we're not alone in our struggles. Every one, including you, me, your family, and your friends, grapples with internal questions and emotions on a regular basis. I hope that this inspires you to take proactive steps in your personal growth journey and reach out to people that can support you along the way.

### CLIENT STORY:

I was introduced to this client through a parent whose young athlete I was already working with. The remarkable progress her son achieved, combined with my expertise in focusing on the power of breath, led her to say, "You must speak with Tim."

Upon our conversation, I discovered that this business executive was an intelligent, dedicated, and accomplished individual, fully committed to reshaping her life and prioritizing her mental health and well-being. While she appeared outwardly successful, she had internal struggles. Anxiety plagued her, and her thoughts had taken control of her attitude towards her work, exercise routine, family relationships, and the direction of her romantic partnership. She often expressed that her life felt like a chaotic mess.

She was acutely aware of the voids and personal challenges she faced, but she felt unsure about how to initiate the process of transformation. She occasionally glimpsed the person she aspired to become, but these moments were consistently overshadowed by the negative distractions of daily life and work.

We embarked on a journey together, incorporating daily tools that resonated with her, with the goal of rewiring her thought patterns and aligning her emotions with her authentic self. This process formed the cornerstone of her inner strength, enabling her to navigate life's challenges with grace.

It's essential to note that these personal transformations don't happen overnight. There's no magic switch to flip. She committed herself to this process, recognizing that each day was crucial. **The result?** Gradually, she began to sense a shift within herself, perceiving life as a journey "on the way" rather than an obstacle "in the way."

Her most profound breakthrough occurred four weeks into our program during an international flight. Ordinarily, she endured excruciating anxiety when flying, but by applying our tools and practicing focused breathing, she managed to control her anxiety. This accomplishment left her feeling prouder of herself than she had ever been.

Every week we chat, I notice her willingness to embrace new lessons, challenges because of her substantial growth. She demonstrates a renewed energy and outlook. I take immense pride in her dedication to her mental health and well-being. She has emerged from her own shadow, embracing a more authentic and healthier life. Her journey is an ongoing one, but with unwavering commitment to self-growth, she is poised to reach even greater heights than every before.

**TIM'S TIP:** Don't wait until you find yourself cornered, feeling lost and trapped, before seeking change in your life. The deeper the rut, the more challenging it becomes to break free. Ask yourself this crucial question... "Am I taking action to step into my fulfilling greatness, or am I running on survival mode today?"

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