

Freeze Frame® Worksheet

Freeze Frame Quick Steps

1. Acknowledge
2. Heart-Focused Breathing
3. Activate a positive or renewing feeling
4. Ask
5. Observe and act

Problem or Issue:

Attitudes and feelings about the issue:

What did you observe?

Before: _____ **After:** _____

Often, solutions are inspired through communicating or getting input from others.

Getting in Sync for Each Situation

Try using Freeze Frame “on the move.”

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling
3. Ask: “What would be an appropriate attitude for this situation?”

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