The power of the Quick Coherence Technique comes from activating renewing emotions. When you self-generate renewing emotions, in the moment, you replace depleting emotions with ones that can renew your system. The technique is simple and each step is important. With practice, the coherence you establish in your system becomes your new reference point making the shift easier and more automatic.

**Step 1**
Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that’s comfortable.

**Step 2**
As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

*Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.*

**Quick Coherence Applications**

- For no specific reason
- At the start of the day
- When beginning a project or sending emails
- Before or during a challenging situation

Once you are familiar with practicing the steps above, try the Quick Steps.

**Quick Steps**

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling