

Resilience, Energy & Self Care



Presented by



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Emcee



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Amplify health,
joy, and personal
power for you
and your team

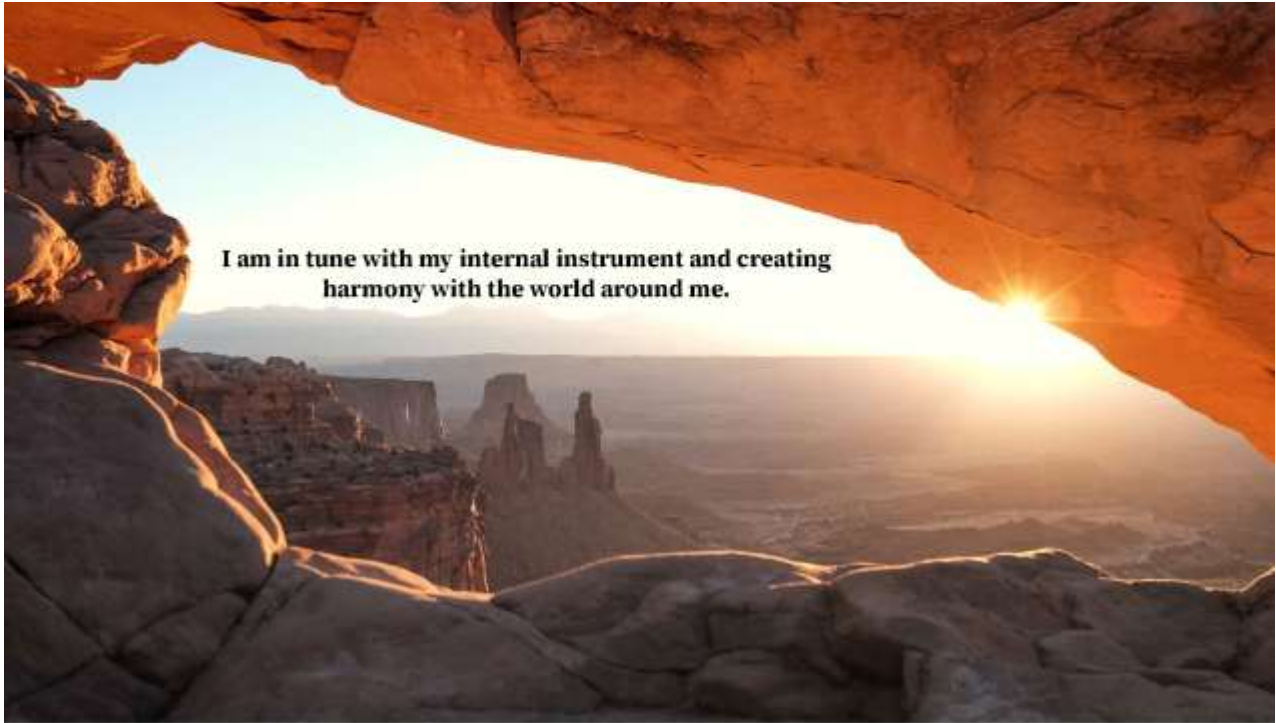
Three Personal
Self-Improvement Tools

Meet Bronkar Lee

Six-month coaching program including:

- Weekly “Good Stuff” sessions
- Weekly videos, challenges, and exercises
- Guided musical meditations
- “Good Stuff” Ambassador Package

Please visit <https://we.spreadthegoodstuff.com/> for more information.



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Permission to Pause

A quick self-care technique from Bronkar



Pause the music. Listen within. 
Adjust the tempo. Press play again.

4 SIMPLE STEPS:

- [Pause the music.]
Stop what you're doing; check out from the external noise and check in with your internal silence and stillness.
- [Listen within.]
Bring awareness to your breath; notice your internal tempo; identify what you need for yourself in the present moment.
- [Adjust the tempo.]
Speed it up or slow it down in order to "retune" your internal instrument to create harmony with the situation and the people around you.
- [Press play again.]
Step into this new moment refreshed, retuned, and ready to make beautiful music.



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