YOUR BREATHING RESET · TWO CARDS

Two cards.
Two breaths.

These are made to be printed, not just read. Printed and carried, they're there in the moment you need them — before a hard call, stuck in traffic, when the day gets loud. Keep one at your desk, one in your bag.

> ! **PRINT PAGES 2 AND 3 ONLY — NOT THIS PAGE**
>
> In the print box, set Pages to 2-3. Printing this page too will shift the fronts and backs out of line.

THEN PRINT SO THE TWO SIDES LINE UP

1. **Set Pages to 2-3.**
   Skip page 1. Only the two card pages should go to the printer.

2. **Print double-sided (duplex).**
   Fronts on page 2, backs on page 3 — both sides of one sheet.

3. **Flip on the LONG edge.**
   The setting that matters most. Choose “long edge,” not short edge, or the backs land on the wrong card.

4. **Print at 100% — Actual Size.**
   Switch off “Fit to page” / “Scale to fit.” Any scaling breaks the alignment.

5. **Cut along the corner marks.**
   Two clean cards. One for you, one to pass on.

IF THE BACKS LOOK WRONG Backs upside-down or on the wrong card? Your printer flipped the short edge. Switch to long edge and reprint.

WANT THE DAILY VERSION?

One percent at a time

These two breaths are one page of it. The UPLY app keeps the small things going on the days you'd rather not.

FREE ON IOS & ANDROID

bebetterbitbybit.com

@be_better_bit_by_bit

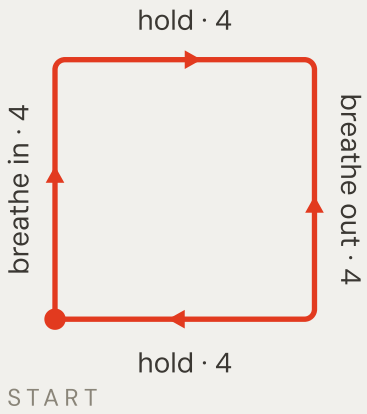
SMALL HABITS. REAL CHANGE.

BE BETTER BIT BY BIT

CARD 01

Box Breath

Trace the square. Let the count carry you.



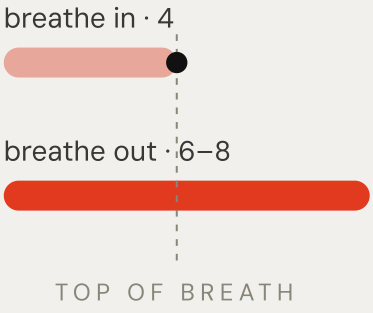
REPEAT 3–4 ROUNDS · ABOUT 30 SECONDS

BE BETTER BIT BY BIT

CARD 02

Long Exhale

Make the out-breath longer than the in-breath.



REPEAT 3–4 ROUNDS · ABOUT 30 SECONDS

BE BETTER BIT BY BIT

CARD 01 · BOX BREATH

WHY THIS ONE WORKS

Four in. Four hold. Four out. Four hold. It's the breath pilots and surgeons reach for when everything speeds up — not because it's clever, but because it steadies you when nothing else will. By the second lap, your shoulders drop on their own.

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BE BETTER BIT BY BIT

CARD 02 · LONG EXHALE

WHY THIS ONE WORKS

Make the out-breath longer than the in-breath. That's the whole trick. A slow exhale is the one signal your body can't argue with — it means: we're safe now. You can do it in a meeting and nobody will notice. Three of these, and it quiets.

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