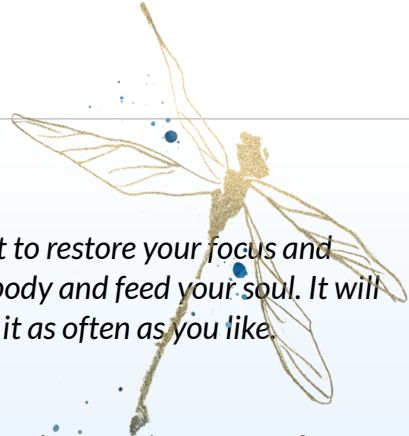


LAZY EIGHTS

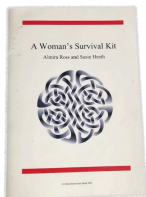
This eternal symbol of timelessness & eternity is perfect to restore your focus and concentration. Let this boundless, eternal energy fill your body and feed your soul. It will also open you up to creativity and insights. Turn to it as often as you like.



1. Trace a sideways figure of eight in the air with your hands, **running upwards through the midpoint of the eight**. This is important, as this upward direction lifts your energy. Follow the movement with your eyes and the whole of your body.
2. Repeat at least 12 times
3. If you aren't in a position to do this, yet still need to improve your focus, trace it with a pencil at your desk, using both your dominant and non-dominant hands. Again, trace upward through the centre of the eight, following the movement with your eyes.

This exercise connects the right and left sides of the body, the right and left sides of the brain to restore your balance and focus.

One of 12 One Minute Wonders — simple, easy to follow exercises and games you can play to relieve your stress and boost your energy and reclaim your time. They are tools, tips, techniques — quick wins — for surviving, even thriving, in a hectic, frantic fast paced world.



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