BOARDROOM & BREATHWORK™



A FREE GUIDE

The Eight Questions

Where do you brace, and what opens when you stop?

UNBRACE™ · THE PATHWAY TO PEACE

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UNBRACE™ · THE PATHWAY TO PEACE

The eight questions

Where do you brace? Read each one slowly, and notice which one your body answers before your mind does.



Bracing is clever. It kept you safe once. These eight questions show you where it is still doing the driving, one centre of the body at a time. There is nothing to fix here and nothing to score. Just notice.

1

UNBRACE

Do you brace for what might go wrong and try to control it?

That is your earliest sense of safety still running your breath and your choices.

2

UNDERSTAND

Do you push your own needs and feelings to the back of the queue?

What you do not name still drives how you react.

3

UNLEARN

Do you reach the goal and still feel it was not enough?

When your choices come from conditioning and not your own values, even the wins feel hollow.

4

UNCONDITIONAL

Do you tick yourself off every time you stumble?

Judging yourself for being human makes it hard to believe in yourself or let love in.

5

UNAPOLOGETIC

Do you soften, swallow or over-explain what you really mean?

Every time you shrink your words, you shrink the space you take up.

6

UNLIMITED

Do you compare, second-guess and wait for proof before you trust yourself?

Comparison and fear pull your thinking back to what is missing.

7

UNITED

Do you look for an escape when life gets uncomfortable?

Wishing you were somewhere else keeps you separate from your own life.

8

UPLIFT

Do you take on the mood of every room you walk into?

Without clear boundaries, other people's weather becomes yours.

THE OTHER SIDE OF EACH QUESTION

Imagine feeling so aligned that...

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1 **UNBRACE**

...you walk into the hard meeting settled, answer the question without defending, and build everything else on steady ground.

I can acknowledge where I am without judging myself.

2 **UNDERSTAND**

...you see it coming, ask for what you need, hold a boundary kindly, and let creativity and joy back in.

I'm allowed to have needs, wants and boundaries.

3 **UNLEARN**

...you say no to the client who is not yours, set your own pace, and build the business from your values.

I can make choices that honour my values.

4 **UNCONDITIONAL**

...you meet yourself with compassion, say the goodbyes that need saying, and love without proving.

I can feel this, and still be loved.

5 **UNAPOLOGETIC**

...you give the direct feedback, say the thing in the room, and notice the opportunities that open when people hear the real you.

I can express myself without abandoning myself.

6 **UNLIMITED**

...you hold your price, see the bigger play, and let a calm mind show you how to make the idea real.

I don't have to believe every thought or repeat every pattern.

7 **UNITED**

...you can sit with what is, laugh easily, feel part of something bigger, and shape your days instead of getting through them.

I am held, and I can let go.

8 **UPLIFT**

...your calm sets the tone, your people bring you the truth early, and what you offer travels to your team, your home and beyond.

I can choose how I want to live, and keep practising that choice.

The one that landed is where your body is asking you to begin.

UNBRACE™ · The Pathway to Peace is eight sessions, one to one, one for each question. It begins with a first conversation, free, twenty minutes: aradhanaarya.com/program

with love, grace & gratitude · Aradhana x