

# LET'S GET DOWN TO IT YOU'VE MADE IT THIS FAR

*Breakdowns & Functional Training*

HOW IT WORKS



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Breakdowns and functional training can be useful tools in the context of spiritual wellness and self-awareness. Here's an overview of how these concepts work together for your greater purpose.

### **Breakdowns**

Breakdowns can be used to help individuals identify specific areas of their spiritual life that need improvement or attention. For example, an individual might use breakdowns to break down their daily routine and identify areas where they could be more mindful or present.

### **Functional Training**

Functional training involves exercises and practices that help individuals cultivate spiritual wellness and self-awareness. This might include meditation, yoga, prayer, journaling, or other practices that promote mindfulness and inner peace.

By combining breakdowns and functional training, individuals can develop a deeper understanding of themselves and their spiritual life, while also building the skills and habits they need to cultivate spiritual wellness. For example, an individual might use breakdowns to identify specific areas where they struggle with mindfulness, and then use functional training techniques such as meditation or journaling to help them develop greater awareness and presence in those areas.

Overall, breakdowns and functional training can be powerful tools for individuals seeking to deepen their spiritual awareness and cultivate greater inner peace and well-being. By using these techniques together, individuals can identify specific areas of their spiritual life that need improvement and build the skills and habits they need to thrive.

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