Download and open the Inner Balance App on the client’s phone and go to SETTINGS > SESSION >

* CHALLENGE (Change it to level 2)
* BREATH PACER (Change it to 12)
* TIMER (Change it to 5 Min)
* Turn off all sound

**5 Minute Lifestyle Assessment**

1. Have the client sit upright or lean back in a chair at 45 degree angle. Do not have the client lay down for this assessment.
2. Put the inner balance sensor on their ear and connect to the app.
3. Have them close their eyes and begin the session. Ask them not to talk or answer out loud but to think about each topic in their mind and feel how each category makes them feel. Give them 1 minute to think about each category.
   1. Waking up each morning and what being at home feels like.
   2. How does it feel at work, projects, tasks, responsibilities, co-workers.
   3. Hold space for each relationship in your sphere of influence. Immediate family, extended family, friends, etc.
   4. Relationship to yourself, what is your self talk, how do you feel about you?
   5. All other things that add to your quality of life like finances, hobbies, activities, travel, etc.
4. Pay attention to how each of the areas of their life affects their heart coherence.

**5 Minute Capacity Assessment**

1. Have the client sit upright or lean back in a chair at 45 degree angle. Do not have the client lay down for this assessment.
2. Put the inner balance sensor on their ear and connect to the app.
3. Have them close their eyes and begin the session. This time have them focus on breathing calmly and slowly to see how relaxed they can get their body.
4. Verbally cue them to follow the breath pacer for 5 minutes while focusing on remaining calm and relaxed.
5. Review the differences between their heart coherence during their daily life and what their capacity is when they are trying to relax. Help them understand the gap and what parts of their day are keeping them feeling depleted.