



PAUSE & NOTICE

A 5-Minute Practice for Checking In With Yourself

You don't have to solve everything in this moment.
Give yourself a few minutes to notice what is here.

1

PAUSE

What has been taking up most of my attention lately?

2

NOTICE

What am I feeling, thinking, or carrying right now?

3

CONSIDER

Does anything here need my attention, or can something be released for now?

4

CHOOSE

What is one thing I want to give my attention to next?

Sometimes noticing is enough to help you decide what comes next.

