



# EMBRACE THE POWER OF PAUSING

This sheet helps you harness the creative power of breaks.

- 1** Set aside ten minutes without distractions.
- 2** Sit quietly with no phone, no music, and no plan.
- 3** Focus on the problem you're stuck on.
- 4** Allow your mind to wander and observe what ideas surface.
- 5** Reflect on any new connections or insights.

## MAKE IT YOURS

My one move this week: \_\_\_\_\_

When and where, exactly: \_\_\_\_\_

My witness (one person I told): \_\_\_\_\_

**I showed up:**

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

### What I noticed this week:

***Your best ideas often show up when you stop chasing them.***