



Pausing is essential to your wellbeing.

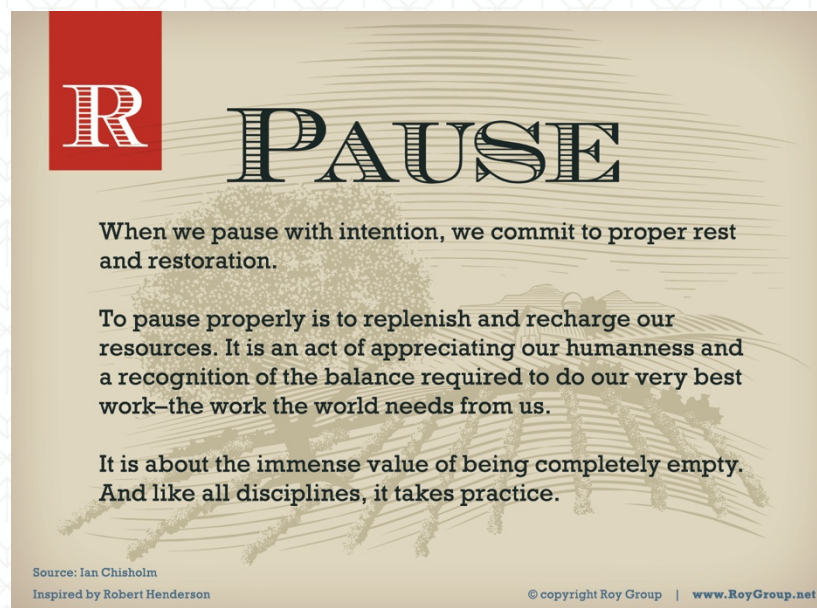
It allows you to catch your breath.

To think before speaking.

To let the mud settle.

To recharge your body, mind and spirit for the next thing.

Pausing centers you in the present moment—the only moment you have.



What does PAUSING look like?

- | | |
|--|--|
| <input type="checkbox"/> driving or sitting in silence | <input type="checkbox"/> listening to the rain |
| <input type="checkbox"/> a ten-minute meditation | <input type="checkbox"/> pausing before answering the phone |
| <input type="checkbox"/> walking at noon | <input type="checkbox"/> sitting in the sauna |
| <input type="checkbox"/> slowing down your speech | <input type="checkbox"/> reading fiction |
| <input type="checkbox"/> watching the sunset | <input type="checkbox"/> drinking a mindful cup of tea |
| <input type="checkbox"/> not checking your phone until <i>after</i> the coffee is made | <input type="checkbox"/> writing in a journal |
| <input type="checkbox"/> five minutes of stretching | <input type="checkbox"/> eating without reading or watching anything |
| <input type="checkbox"/> a bath | <input type="checkbox"/> playing an instrument |
| <input type="checkbox"/> a weekend with no work | |

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