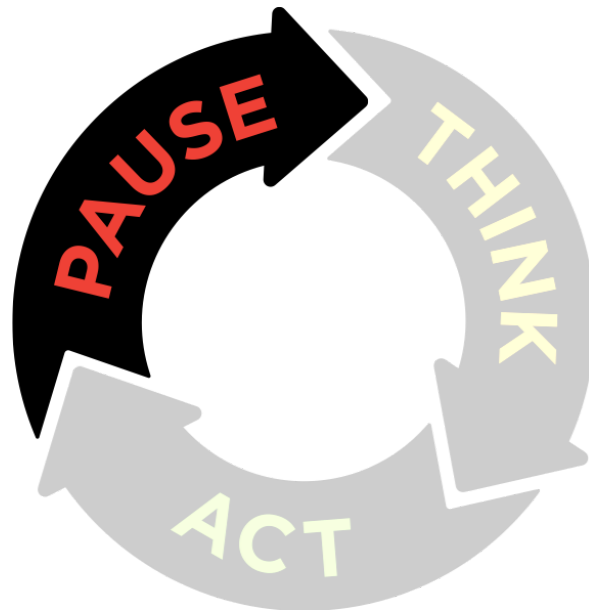


Chapter 3: Pause



ONE-MINUTE WORKOUT

Your one-minute workout, to do at work or at home, is to reflect on the following: What would a Pause look like for you?

Brainstorm a few ways you can create intentional Pauses in your day-to-day life. Notice how Pausing makes you feel, especially if that's not your typical reaction to stress.

I encourage you to implement one of your Pause strategies within the next twenty-four hours.

REPLAY

Pause is:

- Taking a moment
- Getting off autopilot
- Consciously increasing your awareness

Pause is not:

- Stopping altogether
- Stalling out
- Disengaging