



FREE ONE-PAGE TOOL 05 | EVERYDAY STEADINESS

Permission to Pause

A pause is not giving up. It can be the way you make room for the next decision.

1 Notice the signal

What tells you that your body or mind needs a break - racing thoughts, fatigue, or tension?

2 Choose a small pause

Try a glass of water, a quieter room, or asking for ten minutes.

3 Decide what returns

Name the one task you will revisit; let the rest wait if it can.

A phrase you can borrow

"I need a short pause. I will come back to this at [time]."

Make it yours

A pause I can take without making things harder:

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