

THE PAUSE METHOD

Blueprint



	THEME
MODULE 1	Presence <i>Gateway to Choice</i>
MODULE 2	Calm <i>Recovering Equilibrium</i>
MODULE 3	Clarity <i>Harnessing Emotions</i>
MODULE 4	Creativity <i>Choosing Possibility</i>
MODULE 5	Connection <i>Fueling Relationships</i>



Wise Brain Training



Proactive Pauses

Building the Resilience Muscle (Vitamins!)



Morning Reflection (1x / day)



Wise Brain Reps (3x / day or more!)



Savoring (Ongoing)



Evening Reflection (1x / day)



Responsive Pauses

Responding in Challenging Moments (Medicine!)



Calm Cascade (PRN)



Singletasking (PRN)



Name It to Know It (PRN)



Unhooking (PRN)



Matrix Maneuver (PRN)



Finding the Opportunity (PRN)



Self-Compassion Pause (PRN)



The Connection Bridge (PRN)

Worksheets

- [Core Values Worksheet](#)
- [Guiding Intention Worksheet](#)
- [Cultivating Clarity ~ Emotional Resilience Worksheet](#)
- [Unlocking Creativity ~ Investigating Habitual Thoughts](#)

Readings

- [Wisdom to Wake Up to Your World](#)
- [Understanding Your Window of Tolerance](#)
- [How We Get Hooked and How We Get Unhooked](#)
- [Stepping Into a Universe of Possibility](#)
- [People Stress](#)
- [The Power of Awareness](#) / [Keeping It Sacred](#)

