

PAUSE METHOD

Tools + Integrations Summary



	THEME	MINDSET
MODULE 1	Presence <i>Gateway to Choice</i>	Growth
MODULE 2	Calm <i>Recovering Equilibrium</i>	Non-Striving
MODULE 3	Clarity <i>Harnessing Emotions</i>	Acceptance
MODULE 4	Creativity <i>Choosing Possibility</i>	Beginner's Mind



Wise Brain Training



Proactive Pauses

- [Morning Reflection](#) (1x / day)
- [Wise Brain Reps](#) (3x / day)
- [Savoring](#) (Ongoing)
- [Evening Reflection](#) (1x / day)



Responsive Pauses

- [Deep Belly Breaths](#) (PRN)
- [Calm Cascade](#) (PRN)
- [Unhooking](#) (PRN)
- [Matrix Maneuver](#) (PRN)
- [Finding the Opportunity](#) (PRN)
- [Trusting the Universe](#) (PRN)
- [Stepping Away](#) (PRN)