

PAUSE METHOD

Tools + Integrations Summary



	THEME	MINDSET	WISE BRAIN WORKOUTS	RESILIENCY BUILDERS	
MODULE 1	Presence <i>Gateway to Choice</i>	Self-Kindness	<ul style="list-style-type: none"> • Cultivating Presence • Cultivating Presence with Sensations • Cultivating Presence with Sound 	Morning Strategic Pause	Core Values Worksheet
MODULE 2	Calm <i>Recovering Equilibrium</i>	Patience + Non-Striving	<ul style="list-style-type: none"> • 2-Min Pause for Calm • Calm ~ Deep Breathing • Calm ~ Conscious Relaxation 	Pause for Calm 1-Min Practice	Savoring Pleasant Moments
MODULE 3	Clarity <i>Harnessing Emotions</i>	Acceptance	<ul style="list-style-type: none"> • Clarity ~ Pause, Observe, Choose • Clarity ~ Awareness of Emotions • Clarity ~ Gratitude 	Unhooking	Evening EQ Builder Daily Reflection
MODULE 4	Creativity <i>Choosing Possibility</i>	Beginner's Mind (Curiosity)	<ul style="list-style-type: none"> • Creativity ~ Awareness of Thoughts • Creativity ~ Open Awareness • Creativity ~ Beginner's Mind 	Investigating Habitual Thoughts	Triple Dub: What Went Well + Reframing

