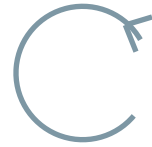


DAY SEVEN FIELD GUIDE

LIVING THE PAUSE



GUIDING QUESTION

How will I carry the pause forward?

TODAY'S INTENTION

Today, I will recognize the progress I have made and choose how the pause will become part of my everyday life.

BEFORE YOU BEGIN

Over the past seven days, you have practiced noticing your reactions, finding the space before responding, taking back your power, returning to your baseline, using your Wise Mind, and choosing your next right step. Today is not the end of the pause. It is the beginning of living it.

The pause will not make every moment easy. Some days you will use that space well. Other days, you may only recognize it afterward. Both are progress. The goal is not perfection. The goal is to keep practicing.

MORNING REFLECTION

1. What has changed in the way I notice my reactions?

2. Which part of the challenge helped me the most?

☐ Becoming aware of my reactions

☐ Recognizing the space

☐ Taking back my power

☐ Returning to my baseline

☐ Using my Wise Mind

☐ Choosing my next right step

☐ Other: _____

3. Where in my life do I most want to continue practicing the pause?

☐ At home

☐ At work

☐ In my relationships

☐ During conflict

☐ When I feel overwhelmed

☐ When making decisions

☐ In recovery

☐ Other: _____

THE PAUSE CHALLENGE

TODAY'S MISSION

Today, practice moving through the entire pause:

Notice the reaction.

Return to your baseline.

Recognize the space.

Listen to your Wise Mind.

Remember your power.

Choose your next right step.

You do not have to do it perfectly. Simply notice how much more choice you have than you did before.

LIVING THE PAUSE LOG

MOMENT 1

What happened?

What did I notice inside myself?

How did I use the pause?

What response did I choose?

MOMENT 2

What happened?

What did I notice inside myself?

How did I use the pause?

What response did I choose?

MOMENT 3

What happened?

What did I notice inside myself?

How did I use the pause?

What response did I choose?

EVENING REFLECTION

What am I most proud of from these seven days?

How has the pause changed the way I respond to life?

What do I want to remember when I react automatically again?

What commitment will I make to continue practicing the pause?

FROM THIS POINT FORWARD, I WILL USE THE PAUSE TO...