

A LITTLE GIFT FOR YOUR EVERYDAY LIFE

THE LOVE YOUR LIFE NOW PAUSE PARTY

A 5-minute invitation to pause, reconnect with yourself, and notice what is already here.

**YOU DON'T HAVE TO CHANGE YOUR WHOLE LIFE
TO EXPERIENCE IT DIFFERENTLY.**

Sometimes, the first step is simply to stop for a moment and really be here.

Created by Dr Gaveeta Chiba

Author of Love Your Life NOW: The science and soul of turning pain into purpose

Welcome to your Pause Party

This isn't another task to complete or a new habit to perfect. It's a small invitation to step out of autopilot and meet the moment you're already in.

You might be busy, tired, distracted, or carrying a long list of things you think you should be doing. You don't have to make those feelings disappear. Just make a little room for yourself alongside them.

Give yourself five minutes. You can write your answers, think them through, or simply notice what comes up.

1. PAUSE

Put both feet on the floor, if that's comfortable. Let your shoulders soften. Take three unhurried breaths. Notice that you're here.

Ask yourself: What am I noticing in my body, my thoughts, and my feelings right now?

My notes

2. NOTICE

Think back over the last few hours. Was there a small moment that felt pleasant, interesting, comforting, funny, or simply okay? It doesn't need to be extraordinary.

Ask yourself: What small good thing might I have rushed past without really taking it in?

3. LET IT LAND

Bring that moment to mind for a few seconds. Notice what you can remember: a colour, a sound, a taste, a kind word, a sense of warmth, or a tiny feeling of relief.

Ask yourself: As I remember it now, what do I notice in my body or mood?

What I'd like to remember about this moment

4. TAKE THE PAUSE WITH YOU

Choose one ordinary activity today—making tea, walking to the next room, eating lunch, or talking to someone you love. For just one minute, do it without multitasking. Notice one thing you can see, hear, feel, or appreciate.

My small pause today will be:

A gentle reminder

You don't have to feel grateful for everything. You don't have to force yourself to be positive. This is simply practice in noticing your experience—with a little more attention and kindness.

*The ordinary moments are still your life. You are allowed to be here
for them.*

If this pause was useful, **Love Your Life NOW** explores how to reconnect with yourself, make space for every part of your experience, and discover new meaning in everyday life.

Join the book waitlist to hear when the book is available and receive more updates.