



Permission to Pause

Gentle Nature-Based Grounding Cards



These cards are not tasks or to-do lists.

They're **permission slips**—tiny doorways into calmness, clarity, connection, and self-trust.

Each card offers small anchors:

- a peaceful image from nature
- a soothing or strengthening **affirmation**
- a gentle **grounding action** you can take right now
- an optional **journal prompt/question**, if you'd like to go deeper

You don't need to use them perfectly.

You don't need to do all the steps.

Let your body, your nervous system, your intuition guide you.

There is no “right” way.

There is only this moment—and whether you'd like to soften into it, or rise more steadily from it.

*These are not performance tools.
They're not about improvement.
They're about returning—to yourself, to
your senses, to the ground beneath you,
to the part of you that's already whole.
Wherever you are in your day, this is
your permission to pause.
To breathe.
To feel.
To just BE here.*

*-- You can stretch a moment wide
enough to rest inside it.*

*-- One quiet moment can recalibrate
an entire day.*



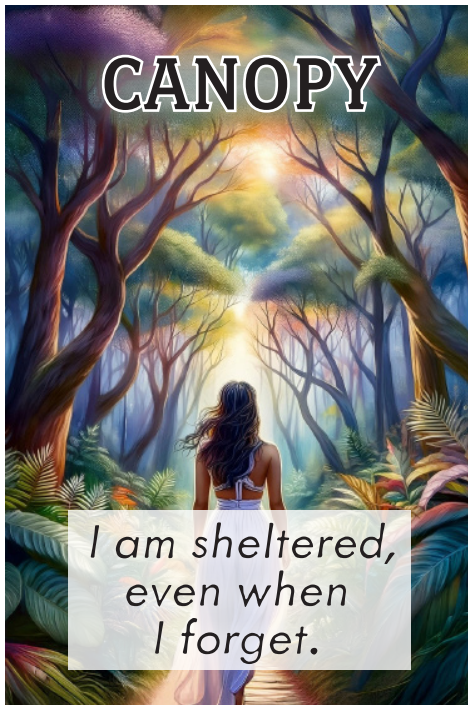
View Set 1

Ways to Use These Cards:

- Print odd pages on backs of evens.
- Draw one each morning as a soft intention or centering moment.
- Pull one during overwhelm to interrupt spiraling thoughts with a grounding action.
- Use them in journaling—copy the affirmation, respond to the prompt, or simply write what comes.
- Make a small safe haven shelf or mood board with your favorites.
- Use them in therapy or healing work, as prompts for somatic reflection or nervous system support.
- Take one outside with you, and look for something that reminds you of that image in the world around you.
- Collect the ones that resonate into your own custom set of reminders.
- Share them with a friend who might need a moment of peace too.

Fran's About/Contact page
is at: FranLaff.com/help





Permission to Pause Card Sets

are designed to be double-sided. To get the full effect, print this page back-to-back with the next page on cardstock, and cut out around cards.

Paid decks usually sell for only \$7 USD and include 24 double-sided cards.

You can access the first two full sets by clicking the buttons on the first and last pages of this PDF.

Find out more about these cards at:

FranLaff.com/PAUSE





The Stillness Series (emails)

are letters to your soul delivered every Monday and Thursday morning, straight to your inbox.

Each email is a gentle invitation to PAUSE and BE STILL, and each teaches a foundational concept relating to stillness. Topics range from “Tides of Energy” and “Rest Deprivation” to “The Myth of Holding It Together”.

All **Stillness Series** emails are completely FREE. You will have an opportunity to purchase printable versions and tools to use along your journey, but the emails are complete by themselves.

stillness.franlaff.com

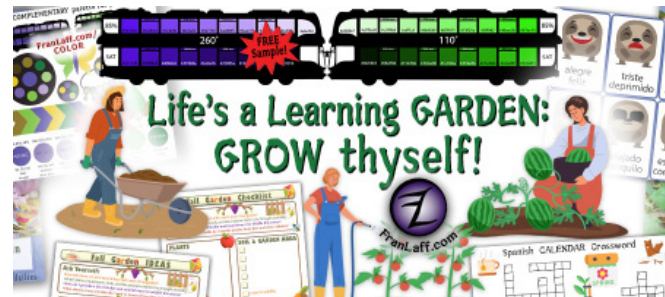
Inside each email find:

- Peaceful quotes and reminders
- Heartwarming nature images
- A full lesson on a stillness topic that both enlightens and restores
- Three related reflection questions
- One three-part mini practice that can be done in one to three minutes
- Four creative ideas to extend your stillness practice into your week

Permission to Pause CARDS embody what The Stillness Series TEACHES, giving you a tangible, sensory anchor to the lessons. What have you got to lose, besides a hurried, worried mind? Sign up at the link to the left and let stillness help you flourish.

CHECK OUT THESE OTHER RESOURCES:

or visit FranLaff.com



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Patreon.com/FranLafferty

-- Hurry blurs what love wants you to see.

-- A slower life leaves more room for wonder.



Let Fran know what kind of cards YOU would like to see completed!

FranLaff.com/dailies



FREE customizable online wordsearch puzzles - a different layout every time!

FranLaff.com/free-online-wordsearches

View Set 2