The PAUSE Audios

Your PAUSE pocket guide

A breath. A pause. A return.

The five steps

P **Pause.** Before you fix, push or move on, stop for one honest breath.

A **Ask.** Ask what tripped you up, and which part of it is yours to own.

U **Understand.** Look for the learning, so it doesn't trip you the same way twice.

S **Seek support.** Reach for the person, tool or practice that helps, before you have to.

E **Ease forward.** Choose one small shift, name one thing you're grateful for, and take the next gentle step.

When to use each audio

Morning Pause 3 minutes
Before your day begins, to choose who you want to be as you move through it.

During the Day Pause 5 minutes
When something lands hard, or before a conversation that matters.

End of Day Reset 3 and a half minutes
As your day comes to an end, to let go of what you don't need to carry into tomorrow.

Phrases to choose from

- *I am steady.*
- *I can handle this.*
- *I trust myself.*
- *My voice matters.*
- *I meet this moment with calm.*
- *I did enough.*
- *I can rest.*
- *Today is complete.*

Or choose words of your own. Something that feels true, or true enough.

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The PAUSE Audios

Your PAUSE ritual

Notice what changes.

A ritual isn't another task. It's a few minutes that belong to you. For the next two weeks, try the Morning Pause and End of Day Reset each day, and reach for the During the Day Pause whenever you need it.

What you might notice

- ◯ You respond, rather than react.
- ◯ You pause before saying yes.
- ◯ You apologise less for taking up space.
- ◯ You notice tension sooner, in your shoulders or your jaw.
- ◯ You give yourself a few minutes without guilt.
- ◯ Your evenings feel lighter.
- ◯ You come back to yourself more quickly.

Small shifts count. Notice them, and let them build.

Your two week tracker

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Morning	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
End of day	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One thing I noticed this week