



The Clarity Pause

To help you slow down, reset, and recharge

Grounding Your Body and Mind

- Sit somewhere quiet.
 - Close your eyes, place one hand on your chest and one on your belly.
 - Take 5 deep breaths (in through nose, out through mouth).
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Check-in

Ask yourself silently or use as journal prompts:

- What's feeling heavy right now?
 - What am I doing out of habit and not intention?
 - What do I need less of today?
 - What do I want more of?
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Choose Your Reset

- Lay down on the floor for 10 minutes uninterrupted.
 - Eat lunch without your phone.
 - Cancel something that no longer feels aligned.
 - Take a 15-minute solo walk (no podcast, no productivity).
 - Put on music and stretch for the length of one song.
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Reflection

Say out loud or write it down: "It's safe to slow down. My worth isn't tied to my output."

