

The Power of Pause

It always seems to take me forever to choose my word-of-the-year. This year, however, was different. I just knew that I wanted my year to revolve around the word “pause”.

I first came across the idea of the ‘sacred pause’ when someone in my group mentioned Tara Branch and her book Radical Acceptance.

“A pause is a suspension of activity, a time of temporary disengagement when we are no longer moving towards any goal. The pause can occur in the midst of almost any activity and can last for an instant, for hours or for seasons of our life.

We may take a pause from our ongoing responsibilities by sitting down to meditate. We may pause in the midst of meditation to let go of thoughts and reawaken our attention to the breath. We may pause in a conversation, letting go of what we’re about to say, in order to genuinely listen and be with the other person.

We may pause when we feel suddenly moved or delighted or saddened, allowing the feelings to play through our heart. In a pause we simply discontinue whatever we are doing—thinking, talking, walking, writing, planning, worrying, eating—and become wholeheartedly present, attentive and, often, physically still.”

Pause can be applied to our lives in so many ways, but for me, it means frequently putting overwhelm and all of my outside “stuff” on pause and just letting myself be present in my life, relationships, and the moments that bring me joy.

Adding Pause To Your Life

Let's see how pause can benefit and be applied to your life!

Assignment: When you're done filling out this page, I'd like you to close your eyes, breathe deep, and pause.

What do you wish you could let go of right now?

Where do you find yourself on autopilot?

Where can you "pause" to enjoy the moment in your daily life?

What activities make you feel calm & centered?

What experiences do you wish you were more present and engaged in?

20 Days of Pause

Here are some activities that embody the energy of a sacred pause. Try to do at least one each day.

Pause and check in with your needs.

Write down what you're grateful for.

Focus on moving your body in a way that feels good.

Declutter an area of your living space.

Really listen when you're talking to someone.

Readjust your posture through the day.

Turn off your phone for an hour.

Go for a walk and just enjoy the fresh air.

Go outside and breathe deeply for 3 minutes.

Before bed, mindfully relax your body.

Focus on connecting with your favorite person.

Pay attention to all the flavors in your food.

Give yourself a moment to be still.

Close your eyes and practice deep breathing.

Let yourself take a break.

When showering, send love to each body part.

Imagine the stress of the day flowing out of you.

Wake up, pause, and set an intention for the day.

When you finish an activity, take 3 deep breaths.

Make time to do something you love.



Journaling Prompts

Here are some prompts that might help you dig deeper into rest, breaks, and mindfulness.

What does taking a break look like in your daily life and does it help you to feel rested or recharged?

When you're sitting in stillness, what thoughts usually go through your head?

What part of your day has you the most stressed out and in need of a break?

How can you focus on mindfully connecting with someone in your life?

◊ I treat myself
with love and
compassion.

I breathe in love
and acceptance
for myself.

☆ I give myself
permission to
pause and rest.

♥ Productivity is
not a
measurement
of my worth.

◊ I am doing the
best I can and
that's enough.

◊ I am allowed
to take my
time to make
decisions.

☆ I am letting
myself exist
in the present
moment.

♥ I give myself
time to connect
to the things
that matter to
me.

Thank you so so much for supporting Blessing Manifesting!

Thank you for being who you are. Thank you for going on this journey with me. I hope that you've learned and experienced new things and that you've developed a greater understanding of who you are and what makes you happy.

You deserve to be happy and you deserve to be loved.
Always.

If you want more of all things self-love and self-care, be sure to check out my website BlessingManifesting.com! You'll find videos, meditations, and even more worksheets!

We also have an amazing and free Facebook group that focuses on self-care and personal growth.

If you'd like to get in touch with me, you can email me at

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