

#30 – THE POWER OF THE PAUSE CHECK

Five questions to reveal what becomes clear when you stop reacting.

The pause is where wisdom lives.

Momentum comes from fear –
but clarity comes from stillness.

1. If I paused right now, what emotion would drop away?

The truth appears after the storm quiets.

Your thoughts: _____

2. What outcome am I rushing toward... and why the hurry?

Urgency is almost always fear—
of losing out, not pleasing another, not looking “smart”,
not fitting in.

Your thoughts: _____

3. If I waited one hour, what would change?

If the answer is:

my mind, my clarity, my emotional state,
then pause.

Your thoughts: _____

4. What is my intuition saying beneath the noise?

The pause gives it a microphone.

Your thoughts: _____

5. Would pausing prevent a mistake or deepen my alignment?

Either one is a good reason to pause.

Your thoughts: _____

FINAL REMINDER:

A pause is not inaction –
it’s intervention to prevent a fallout.

