

# PAUSE + AWARENESS WORKSHEET

A GENTLE GUIDE TO RECONNECTING WITH YOUR BREATH, BODY, AND PRESENT MOMENT.

## 1. The Moment You Noticed Yourself Rushing

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### Body Sensations (check any):

<input type="checkbox"/>	Tight chest	<input type="checkbox"/>	Tension	<input type="checkbox"/>	Urgency
<input type="checkbox"/>	Fast heartbeat	<input type="checkbox"/>	Restlessness	<input type="checkbox"/>	Overwhelm
<input type="checkbox"/>	Shallow breath	<input type="checkbox"/>	Racing thoughts	<input type="checkbox"/>	Irritability

## 2. The Key Question

*"Is this urgency real... or remembered?"*

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## 3. Connecting the Dots

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Does this sensation remind you of a past environment where slowing down didn't feel safe?

## 4. A Supportive Truth

*"I am safe to slow down.  
My worth is not measured by urgency."*

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## 5. A Calming Action

Choose one grounding action to help your body return to safety:

- Place a hand over your heart and take one deep breath
- Relax your shoulders and unclench your jaw
- Lengthen your exhale for 4–6 seconds
- Step away from the task for 30 seconds

## 6. Your Reflection

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What did this moment teach you about your needs, capacity, or boundaries today?



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