

PAUSE + AWARENESS WORKSHEET

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

1. The Moment You Noticed Yourself Rushing

Body Sensations (check any):

☐

Tight chest

☐

Tension

☐

Urgency

☐

Fast heartbeat

☐

Restlessness

☐

Overwhelm

☐

Shallow breath

☐

Racing thoughts

☐

Irritability

2. The Key Question

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

3. Connecting the Dots

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

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



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