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# PAUSE-DISCOVER-RENEW

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## M<sup>4</sup> Marilyn's Monday Morning Message

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**Life has a way of reminding us that unexpected moments are part of the journey.** Sometimes they require us to pause, adjust, or step back for a short while. But often, those pauses open the door to discoveries we never imagined.

For years, I believed I was allergic to penicillin. Recently, I learned that I am not. That discovery completely changed the options available to me and gave me a renewed perspective. What I once thought was a limitation turned out not to be one at all.

As Albert Einstein reminds us: “In the middle of every difficulty lies opportunity.”

When we realize that what we thought was holding us back no longer does, the real question becomes: What's next?

Here are a few steps that help turn discovery into renewal:

1. **Acknowledge the shift** – Celebrate the fact that what seemed permanent wasn't.
2. **Explore new possibilities** – Ask yourself what doors this opens now.
3. **Take a forward step** – Even a small action helps momentum grow.

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## MAJOR POINT

A pause doesn't mean you're stuck—it can prepare you for renewal and reveal possibilities you didn't know were there.



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