


Learning to Be -

Get.Set.Pause for intentional living


A gentle New Year self-reflection
resource for adults.





www.getsetpause.com





Take a moment.
Pause. Breathe. Simply be.




Life often asks us to do more,
achieve more, move faster—but
the most profound growth comes
from the quiet spaces between.



Designed for adults, this mini self-
reflection resource is a gentle
companion for slowing down. It
encourages you to let go of
pressure, pause, and remember
that your being is already enough.



A gentle note before you begin



The reflection prompts in this resource are intended for self-awareness, not therapy. If any prompt feels heavy, take a pause, skip it if needed, or reach out to someone you trust.

Arriving as You Are



You don't need to fix anything to begin.



Right now, I notice that I feel:

☐ calm ☐ tired ☐ hopeful
☐ unsure ☐ heavy ☐ open

If I pause and breathe, my body feels:

One word for how I am showing up today:



Honoring the Past Without Carrying It

You are allowed to acknowledge
without holding on.

One way I grew last year (even if
it was quiet):



Something I moved through that
required inner strength:



Something I release that no
longer shapes who I am:

Noticing What Feeds or Depletes My Being

This is about awareness, not change.

I feel most like myself when I am:

-
-

I feel most disconnected from my true self when I am:

-
-

What this tells me about what nourishes me:





What Matters At My Core?

Values show us the way we want to show up in life.



Circle any that feel true for this season:

Presence • Kindness • Honesty •
Ease • Courage • Patience •
Curiosity • Balance



The values I want to embody right now:

1.

2.



When I live one of these values, it feels like:

Who I Am Becoming

This is not a destination. It's a direction.

I am unfolding into someone who is more:

When life feels loud I want to return to being:

A word or phrase that captures who I want to be this year:

Allowing Not Pushing

Nothing here needs to be rushed.


This year, I am giving myself
permission to be:

Something I can drop without
feeling bad:


A gentle reminder I want to
carry with me:


"

"



"Your being is your greatest gift
—return to it often."



Whenever the world feels loud or
demanding, remember: you don't
have to do everything to matter.
Your presence, your being, is
enough.

If you want to explore further,
you can join the following
Get.Set.Pause programs:

- 6-week program, Learning to
be – Get.Set.Pause for
intentional living
- 8-week one-on-one coaching
program

Connect to know more!

www.getsetpause.com