

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:



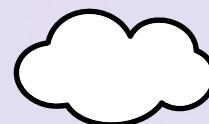
Something I release that no longer shapes who I am:

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.

- Cloud 1: Circle any that feel true for this season:
Presence • Kindness • Honesty •
Ease • Courage • Patience •
Curiosity • Balance
- Cloud 2:

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!