

The Power of a Pause

If you find yourself feeling lost, alone,
confused, flustered,
fearful, stuck on a hamster wheel . . .

Then you need a **power pause!**



Practicing 1 or 2 of these every day, will help you remember you have tools and can use them rather than feel like your energy and focus were sucked out of you.

Hint: Set a reminder on your phone.

Print this to have handy so you can use it when you need a quick reset in the moment.

1) **Breathe**

Take 4-10 breaths in and out, notice the pacing, texture, ease/ tightness or anything in between. At this point you may realize you need a few more, so do it!

2) **Think of something you find beautiful**

Be and breathe with it for a moment in your imagination.

3) **Ask - what am I doing? why?**

Be curious – is this helping me to have more energy or draining me?

Ultimately will it help me move forward with my ideal, my goal?

Remember, this is a shame free, blame free zone.

4) Move

Take a conscious walk-- down the hall, outside, up or down stairs, slowing your steps way down.

5) Recall a moment that you felt hope, vitality, strength

Now bring up the image, smell, taste, song, voice, touch of that moment. These are stored in your cellular memory-- pause and enjoy them!

I help women navigate changes, reclaim their energy
and change the world.

Now, more than ever, it's time to clarify, ignite and
act on your life purpose.

The Way of the Heart – a program offering foundational
support you need for you, and who you are becoming.

For more energy enhancing resources contact Sarah D. Karnes.

[Click here to schedule a call.](#)

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