Pausing with Purpose

Slow down, tune in, and reconnect with what truly matters

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DAY 1 – Where Am I Rushing?

What parts of my life feel like they're moving too fast for me to fully experience?

- Are there areas where I've prioritized speed over satisfaction?
- What emotions arise when I feel rushed or constantly behind?
- What might I discover if I chose to slow down in just one area of my life?

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DAY 2 – Redefining Rest

What does meaningful rest look like for me—not just physically, but mentally and emotionally?

- Have I ever experienced rest that truly restored me? What made it different?
- What types of rest do I tend to avoid or devalue?
- How might I give myself permission to rest without guilt?

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DAY 3 – The Messages I've Inherited

What beliefs have I absorbed about productivity, success, and rest?

- Who or what taught me that slowing down means falling behind?
- How do these messages impact the way I schedule my time and energy?
- What would I tell a loved one who was feeling the same pressure?

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DAY 4 – Creating My Middle Lane

If I could design a more balanced rhythm for my life, what would it include?

- What practices help me stay grounded and present?
- Where can I build in micro-pauses or breathers in my day-to-day routine?
- What boundaries do I need to protect my energy?

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DAY 5 – Sitting with Stillness

How comfortable am I with quiet, unstructured time—and what does it teach me?

- What tends to rise to the surface when I allow myself to pause?
- Are there emotions or insights I've been avoiding in the busyness?
- How can I begin to welcome stillness as a place of truth and healing?

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REFLECTION

What did I learn about myself through this exploration of rest, pace, and presence?

- How has my perspective on productivity and purpose shifted?
- What will I carry forward from this journaling experience?
- What's one commitment I can make to honor my need for pause in the weeks ahead?