

# A Gentle Pause

Use this page as a gentle pause.

Take time to reflect on where you wish to focus your attention, how you want to slow down and care for yourself, and in which areas of your life you can release what no longer needs your space, energy, or time.

*One thing I choose to give my full attention to*

*One thing I'm doing slowly today*

*One small comfort or kindness I can give myself*

*One thing I can gently let go of*



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