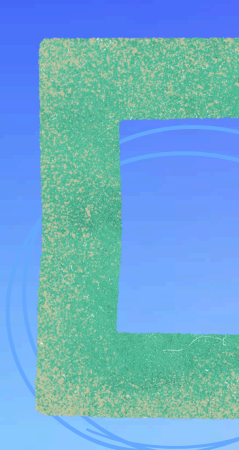




The Pause Card

A Practice in Noticing What's True



You are exactly where you need to be.

Date: _____

How to Use This Card

This card is designed to help you pause, reflect, and connect with your inner truth. Use it as a tool for self-discovery and mindful awareness.

- Find a quiet space where you can relax and focus.
- Take a few deep breaths to center yourself.
- Read each prompt slowly and thoughtfully.
- Allow yourself to explore your thoughts and feelings without judgment.

Your Three Prompts

1. What am I grateful for in this moment?

Example: The sun on my skin, a warm cup of tea, the sound of laughter.

2. What is one thing I appreciate about myself today?

Example: My kindness, my resilience, my willingness to learn.

3. What intention can I set for the rest of the day?

Example: To be present, to be patient, to be gentle with myself.

What to Do Next

1. Take a few more deep breaths, holding your intention in mind.
2. Carry your reflections with you as you move through your day.
3. Revisit this card whenever you need a moment of calm and clarity.

Remember

- **You are worthy of love and belonging.**
- **Your voice matters.**
- **You are stronger than you think.**

A Peer Powered Organization.

Rooted in calm. Rising in connection.

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