

## Sacred Pause Journal

### Introduction: Welcome to Your Sacred Pause

This journal is here to help you carve out moments of stillness in your day. It's not about doing more—it's about being present with who you are and what you need in the moment. Use this journal as a gentle companion on your journey to reconnect, reset, and nurture yourself.

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### Your Sacred Pause Practice

**Morning Pause:** Set your intention for the day

**Evening Pause:** Unwind and reflect on your day

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#### **Morning Pause: Set Your Intention for the Day**

*Use this space each morning to ground yourself before you start your day.*

- **How do I feel this morning?**  
*(Take a moment to check in with yourself. Are you energized, tired, or feeling something else?)*
  - **What's my intention for today?**  
*(Think about what you want to focus on today—peace, productivity, joy, etc.)*
  - **One thing I can do today to honor my well-being:**  
*(Write a small action that will take care of your mind, body, or soul today. Whether it's a walk, a pause, or saying no to something)*
  - **Affirmation for today:**  
*I am worthy of rest and peace. I allow myself to pause when needed.*
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#### **Evening Pause: Unwind and Reflect**

*In the evening, use this time to wind down and reflect on your day.*

- **How did I feel throughout the day?**  
*(Reflect on your emotional state. What moments of stillness or chaos stood out to you?)*

- **What did I learn today about myself or the world around me?**  
*(Jot down any insights or lessons you've learned. What's one thing you realized during your day?)*
  - **One thing I'm grateful for today:**  
*(Gratitude is powerful. Write down one thing that made you feel thankful today.)*
  - **Affirmation for the evening:**  
*I allow myself to rest fully. Tomorrow is another chance to grow and reflect.*
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## **Weekly Stillness Tracker**

*Tracking your moments of pause each week helps you see how small moments of stillness can make a big difference.*

- **Day 1:**  
*(Did I pause today? How did it feel?)*
  - **Day 2:**  
*(What did my pause teach me about myself today?)*
  - **Day 3:**  
*(How long did I pause today, and how did it affect my mood?)*
  - **Day 4:**  
*(What's one thing I can do to create more space for stillness tomorrow?)*
  - **Day 5:**  
*(Did I notice any shifts in my energy or mindset after pausing?)*
  - **Day 6:**  
*(What helped me embrace my pause today?)*
  - **Day 7:**  
*(Reflect on the week. How has embracing stillness impacted your life?)*
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## **Evening Calm-Down Check-in**

*Before you sleep, take a moment to check in with yourself. This is your final step for the night.*

- **How do I feel in my body?**  
*(Relax and check for tension in your body. Release any areas that feel tight.)*
  - **How do I feel emotionally?**  
*(Take a moment to assess your feelings. Are you at peace, or do you have lingering thoughts or emotions?)*
  - **What can I do tomorrow to honor my needs?**  
*(Think ahead to tomorrow and set one intention to care for yourself.)*
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### **Affirmations to Support Your Pause**

*These affirmations can help guide your stillness and offer support as you pause each day.*

- “I am worthy of rest and peace.”
  - “I allow myself to pause, reflect, and recharge.”
  - “I am present in the moment. I do not need to rush.”
  - “Every moment of stillness brings me closer to balance.”
  - “I trust the process of stillness.”
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### **How to Use This Journal**

- Use the **Morning Pause** to set your intention and focus for the day.
  - Use the **Evening Pause** to unwind, reflect, and release any tension or stress.
  - Fill in the **Weekly Stillness Tracker** to monitor your growth.
  - Use the **Calm-Down Check-in** in the evening to help you release the day and prepare for restful sleep.
  - Keep up with the **Affirmations** to remind yourself that rest and stillness are necessary for your well-being.
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### **Final Thought**

Remember: **This is your journey.** The Sacred Pause is about honoring where you are, allowing yourself to slow down, and trusting that even small moments of pause can make a

powerful impact. You don't have to figure everything out all at once. One breath, one moment of stillness, one pause at a time—that's enough.