

7 days of pause

TAKING PAUSE

EACH DAY CONSISTS OF A JOURNAL PROMPT AND ACTIVITY

1

**Activity: What is mindfulness?
And how do I start to practice?**

journal prompt: How are you feeling about your new living/learning/ working/ environment?

**Activity: Finding structure:
Creating a schedule**

Journal prompt: What are the most important parts to include in your day?

2

3

Activity: How am I doing? Check in with yourself each day.

Journal prompt: What are you most grateful for these days?

Activity: Finding support: Staying connected to friends and family during social isolation

Journal prompt: Someone I am thankful for today..

4

5

Activity: Creating a fruitful exercise routine

Journal prompt: What makes you feel most alive?

Activity: Tips for working from home

Journal prompt: What do you like about working from home? What do you dislike?

6

7

Activity: Tapping into our spirituality for our purpose and meaning

Journal prompt: How would you describe your spirituality?