

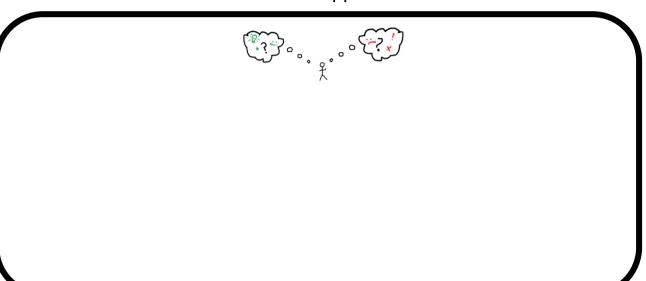
A routine to self-regulate and learn from your moments

Take a pause to and breathe with your values, until you are present.

PAUSE



1. What happened?



2. What are you going to do now or next time?

