
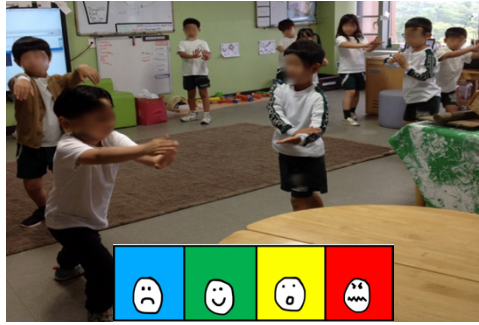


PAUSE

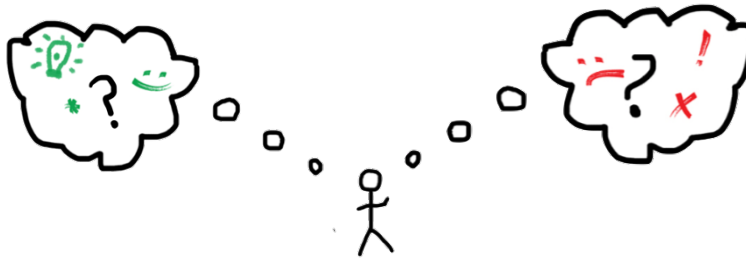
Pause to Reflect

A routine to self-regulate and learn from your moments

1. Take a pause to  *Move* and breathe with your values until you are present.



2. What happened? What challenged you?



3. What did you do? What could you do now or next time?



4. What are you learning? Who supported you?

