## 7 days of pause

## TAKING PAUSE

## EACH DAY CONSISTS OF A JOURNAL PROMPT AND ACTIVITY



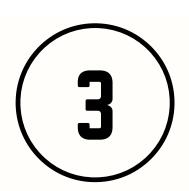
Activity: What is mindfulness?
And how do I start to practice?

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

## Activity: <u>Finding structure:</u> <u>Creating a schedule</u>

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





Activity: <u>How am I doing? Check</u> in with yourself each day.

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

Activity: <u>Finding support: Staying connected to friends and family during social isolation</u>

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Journal prompt: Someone I am thankful for today..



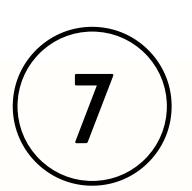
Activity: <u>Creating a fruitful</u> <u>exercise routine</u>

Journal prompt: What makes you feel most alive?

Activity: <u>Tips for working from home</u>

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





Activity: <u>Tapping into our spirtuality</u> for our purpose and meaning

Journal prompt: How would you describe your spirituality?