



**PAUSE & PIVOT METHOD**  
DAILY PRACTICE



# STEP 1 IDENTIFYING THE PATTERN

The pattern I am changing over the next 21 days is:

# STEP 2 PRACTICING PAUSE

Find your feet, find your breath. And then, notice what you notice.

When I pause, I notice...

Sensations - My body feels:

Memory - This reminds me of the time:

Impulses/behaviors - I impulsively want to:

Emotions - I feel:

Narrative - The story I make up about it is (i.e. "I can't"):

# STEP 3 CHOOSING TO PIVOT

Choose a different response. Have a new thought.

The new thought and/or perspective I choose is (ex. "I can"):

The different action and/or response I choose is:

The change in attitude and/or emotion I choose to experience is:

# STEP 4 ENGAGING IN DAILY PRACTICE

Forging a new path: making a goat trail a dirt road, then a street and eventually a highway.

You'll repeat Steps 2 and 3, 2-5 times daily for 21 days. For best results, follow up the initial 21 days with 2 more 21-day cycles.