



# Peaceful Pause Checklist

## MORNING

- ☐ Take 3 slow, deep breaths before getting out of bed
- ☐ Stretch your body gently for 2 minutes
- ☐ Drink a glass of water mindfully, noticing the taste and temperature
- ☐ Set one clear intention for the day
- ☐ Spend 5 minutes in stillness or meditation

## DURING THE DAY

- ☐ Pause once every hour to take a deep breath
- ☐ Eat at least one meal without distractions (no phone or TV)
- ☐ Notice your surroundings for 1 minute — colours, sounds, scents
- ☐ Take a short walk and notice each step
- ☐ Practice gratitude — think of 3 things you're thankful for

## EVENING

- ☐ Put your phone away for the last 30 minutes before bed
- ☐ Reflect on your day — what went well? What did you learn?
- ☐ Release tension in your body with a quick stretch
- ☐ Write down one thing you're proud of today
- ☐ Take 3 slow, deep breaths before sleep

