KEEP THE MOMENTUM *going*

pause AT WORK®

- Keep in touch with your intentions.
- Meditate every day – even for 1 minute!
- Schedule daily PAUSE METHOD practices. *Small moments many times.*
- Start your meetings or classes with a pause.
- Pause to celebrate how your practice is showing up.
- Let go of expectations. Stay curious. Non-striving.
- Find an accountabilibuddy!
- Get support. Join a community. Start a weekly meditation group at work!