

“Living in the moment brings you a sense of reverence for all of life's blessings.”

- Oprah Winfrey



“PAUSE-ibilities”

...75 ways to pause and transform your life by allowing more meaningful connections with what really matters...

www.meaningtopause.com

1. Perform a random act of kindness
2. Be grateful
3. Pray – 5 seconds – 5 minutes – 30 minutes!
4. Positive affirmation: Say something nice to YOU
5. Take a few deep cleansing breaths
6. Eat something healthy
7. Forgive yourself for not being perfect
8. What you can do without? Give it to someone in need
9. Reflect on the abundance in your life
10. Push out negative thoughts
11. Remind yourself of your goals for the day
12. Self check – are you being the best you can be?
13. Tell your child that you are proud of them
14. Tell your spouse you love and appreciate them
15. Ask an aging relative for wisdom or advice
16. Choose not to engage in gossip today
17. Purge negative thoughts about your relationships
18. Look in a mirror and SMILE
19. Surprise your spouse with a loving act of kindness
20. Do something out of the ordinary for your child
21. Text a family member with an uplifting message
22. Plan a spontaneous family event
23. Reflect on a core family value and act upon it
24. Remember a family member who has passed on
25. Open the Bible and read a psalm
26. Be still and know that God is with you...right now
27. Give thanks for all the blessings in your life
28. Meditate on improving the way you treat others
29. Look to the heavens and pray for peace on earth
30. Meditate on your breathing – shallow or deep?
31. Give thanks for the difficult times you've learned from
32. Forgive someone for something they have done
33. Consider what Jesus would do if in your place
34. Recite your favorite prayer
35. Give thanks for what you have – not what you don't
36. Say hello to God ...place your thoughts on Him
37. Pick up a piece of trash and throw it away
38. Reflect on the day and how you have taken care of yourself physically
39. Get out of your chair and walk for a few minutes
40. Re-visit your healthy food intake today
41. Do something good for your body or your mind
42. Drop your shoulders, breathe and relax
43. Grab the carrot and not the cookie
44. Stretch
45. Think of something that makes you laugh!
46. Take off your shoes and walk in the grass
47. Drink a large glass of water
48. Step away from your work or computer and walk
49. Stop what you are doing – soak in the present
50. Push out destructive thoughts...life is a gift
51. Decide that you will only do one thing at a time
52. Call someone that needs to hear from you
53. If you are eating, savor every bite
54. Be aware of the people around you
55. Focus your awareness on YOU...are you being authentic?
56. Be aware of your thoughts...past, future or present?
57. Stop and be grateful for the beauty around you
58. Reflect on creating peace in your life
59. Simply be
60. Ask yourself if you are awake and aware
61. Take one action toward finding your purpose
62. Ask yourself if you are "Living on Purpose"?
63. Identify what inspires you or stirs passion
64. Give a big hug to someone in need!
65. Read 1 page of a book that's been calling your name
66. Help someone with something
67. Do one thing to further your spiritual growth
68. Identify what is blocking you from your life's purpose
69. Pray or meditate on getting better at your life's purpose
70. Recognize that right now everything is simple and absent of stress
71. Assist your children in seeking their life purpose
72. Help someone find their purpose
73. Pick a secret word for the day – chant it silently
74. Close your eyes – take a 30 second break
75. Life is great – celebrate!

Meaningful pauses can be anything!

Awareness, deep breathing, prayer, meditation, mindfulness, being in the present moment or just being grateful for the goodness in our lives. At the end of the day, we believe the wearer will have lived their best and most purposeful day by giving meaning to their pauses.