

# Inspire mindful change

meaning to pause® is helping people  
make more meaningful moments  
throughout their busy day



“Functional jewelry” with a private reminder...  
Our pause bracelets gently vibrate every 60 or  
90 minutes prompting you to pause, reflect on  
your intentions and reframe your thoughts...

Hand strung, custom  
designed beaded brace-  
lets are available in Nat-  
ural Stone, Gemstones,  
Sandalwood, Sterling  
Silver and more.

Enhance your mindful-  
ness with a “Personal  
Pause” by adding a  
word, phrase or photo  
to your bracelet.

.....

*This is one of the best tools for coming  
to presence that I know of.*

– Sarah Susanka, Author of *The Not So Big Life*

Upon checkout, use our thank-you code  
**BEMINDFULNOW** to receive a  
20% discount off your purchase.

Have you been meaning to pause®?  
[www.meaningtopause.com](http://www.meaningtopause.com)