PAUSE BREAK!

When action isn’t crystal clear, when “negative” feelings are present, when you sense default behaviors showing up:

1. STOP
2. Write a brief description of the situation (i.e. I planned to do …, yet I am watching TV and feeling lazy.)
3. Invite all of your inner voices to speak honestly to what is going on inside:

|  |  |  |
| --- | --- | --- |
| **WHEN THIS VOICE SPEAKS, THE MESSAGES ARE:** | **CONSTRUCTIVE** | **DESTRUCTIVE** |
| Intellect – facts |  |  |
| Emotion - joy/sorrow |  |  |
| Will - effort/results |  |  |
| Ego - pride/shame |  |  |
| Soul - generous, considers ALL, hopeful, creative |  |  |

1. Now, assign a name to each message above. Whose voice said this?
* Your saboteur?
* Your inner dictator?
* Your responsible adult?
* Your inner parent?
* Your delightful inner child?
* Your inner spirit, soul, connection to the universe?
1. Select a message to listen to and shift course if needed!