

# ■ PAUSE TO POWER™

The 3-Step Reset to Reclaim Your Energy & Clarity

## ■ Step 1: PAUSE

Breathe. Be still. Let your nervous system reset.

- ☐ Inhale slowly for 4 counts
- ☐ Hold for 4
- ☐ Exhale for 6
- ☐ Repeat this breath cycle 3 times

## ■ Step 2: SCAN

Ask: What's true in this moment?

- ☐ Emotion I'm feeling: \_\_\_\_\_
- ☐ Where I feel it in my body: \_\_\_\_\_
- ☐ What triggered it? \_\_\_\_\_

## ■ Step 3: CHOOSE

Choose your next move from power, not pressure.

- ☐ Move
- ☐ Speak
- ☐ Write
- ☐ Ask
- ☐ Rest

*"When you pause, you remember who you are. When you choose, you become who you were meant to be."*

Download more tools inside the Vault: [www.kimgroshek.com](http://www.kimgroshek.com)

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