

■ 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

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