

Pause. Notice. Choose.

Building Self-Awareness

Once you notice, you can choose to change.

The practice is simple:

Pause.

Means to simply stop, take a deep breath.

Notice.

Means to pay attention, on purpose, to what is happening in the present moment without judgement. Paying attention to what you think, feel, and sense right now.

Choose.

What will you do next? You can choose to stay the same or make a change in behavior, attention or view.

You are the boss; you know what is best for YOU!

