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EMPOWERMENT



Pause, Breathe and Create
Friday at 2 PM Pacific

**September 24th 2021: Practice Taking a Deep
Breath, Pausing and Saying Ahhhhh**

Motivation is what gets you started. Habit is what keeps you going. Jim Ryun As a human being, we all have the ability to be mindfully present, be actively aware of what we are doing and be aware of where we are in each of our available 1,440 daily moments. There is a choice to make within each of these precious moments. Are you mindfully present? Do you choose to pause, take a deep breath and say ahhhhh? Or do you constantly jump at the sound of your phone calling you to react to the various demanding sounds it makes? Like anything you teach yourself, the more that you practice being

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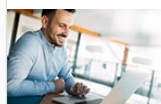
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