


*Jeanette Bronée*  
PATH FOR LIFE®

A background graphic consisting of two overlapping circles, each containing several concentric circles, creating a Venn diagram effect. The circles are light yellow and centered behind the main text.

# SELF-CARE MINDSET® TOOL-KIT

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# POWER PAUSING

## THINK, ENGAGE & ACT WITH CARE

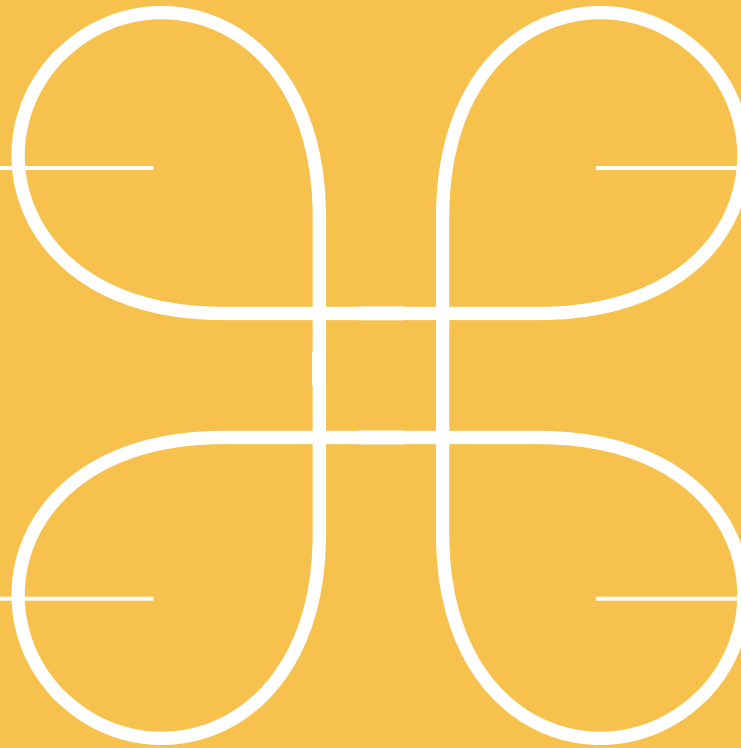


## WHAT DO YOU NEED SO THAT YOU CAN?

# THE SELF-CARE MINDSET®

## SELF-AWARENESS

HOW AM I IN THERE  
RIGHT NOW?



## SELF-RESPONSIBILITY

WHAT DO I NEED  
SO THAT I CAN...?

## SELF-COMMUNICATION

SELF-TALK:  
~~INNER CRITIC~~ → COACH

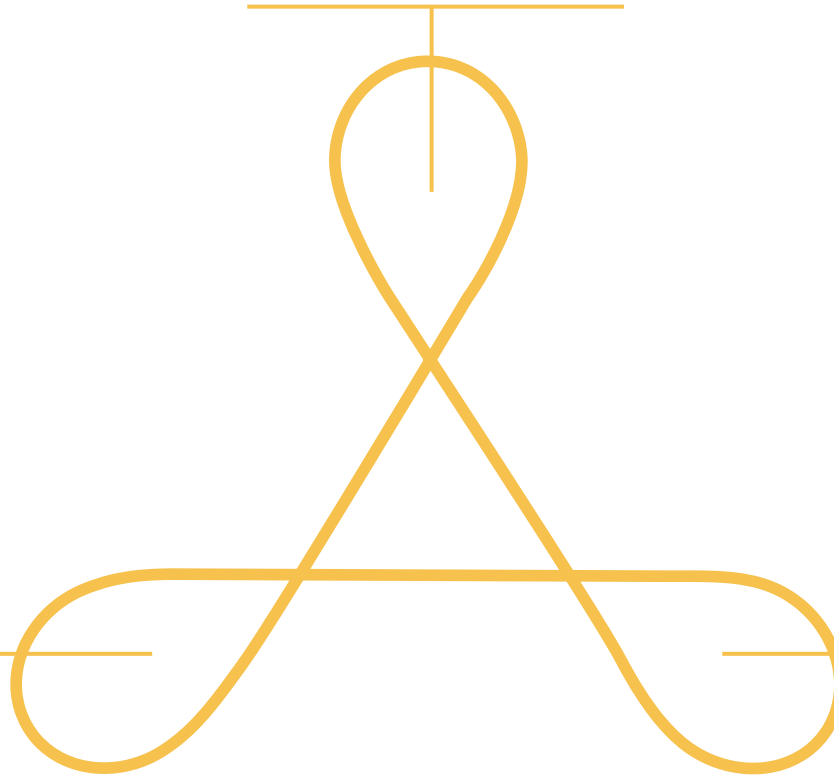
## SELF-EXPRESSION

I NEED,  
THEREFORE I ASK.

# AAA

## ACKNOWLEDGE, ACCEPT, ASK

**ACCEPT: THE SITUATION FOR WHAT IT IS.  
DON'T WASTE TIME WISHING IT WAS DIFFERENT.**



**PAUSE & ASK YOURSELF:  
HOW AM I RIGHT NOW?  
HOW DO I FEEL?**

**ASK: WHAT DO I NEED  
SO THAT I CAN...?**

# FEELINGS MATRIX: I FEEL VERSUS I AM

OUR EMOTIONS KEEP CHANGING, AND WE FLOW IN AND OUT OF STATES OF BEING



SOURCE: PERMISSION TO FEEL - MARC BRACKETT

# WATER • FOOD • PAUSE • REST

SELF-CARE WORK HABITS TO SUPPORT YOUR NATURAL RHYTHM

## MORNING

BREAKFAST TO GET ACTIVATED

MORNING ROUTINES TO START AND PREPARE FOR THE DAY AHEAD.



MINDFUL MOMENT MEDITATION  
BRAIN-DUMP / JOURNALING  
FOCUSING MOMENT (AAA)  
STRETCH  
MOVEMENT  
FAMILY  
FOOD  
WATER  
PETS  
PREPARE FOR THE DAY

## MID-MORNING

PAUSE AND CHECK IN

WHEN DO YOU WORK OPTIMALLY AND WHAT DO YOU NEED TO DO YOUR BEST WORK?



WATER / TEA / COFFEE  
PEE BREAK  
WALK OR JUMPING JACKS  
STRETCH  
PAUSE  
BREATHE WITH INTENT  
CHECK IN WITH SOMEONE  
LOOK OUTSIDE  
SHIFT YOUR BRAIN OFF FOR 5

## LUNCH

PAUSE AND REFUEL

WHAT HAVE YOU ACHIEVED SO FAR AND WHAT DO YOU NEED TO OPTIMIZE THE REST OF THE DAY?



WATER / TEA  
FOOD TO RELAX AND RETHINK  
FOOD TO RE-ENERGIZE AND RESET?  
FEED YOUR PHYSICAL, EMOTIONAL, AND MENTAL BODY

## AFTERNOON

PAUSE AND CHECK IN

WHAT DO YOU NEED FOR THE AFTERNOON TO BE PRODUCTIVE?



WATER / TEA  
PEE BREAK  
WALK OR JUMPING JACKS  
STRETCH  
PAUSE  
BREATHE WITH INTENT  
CHECK IN WITH SOMEONE  
LOOK OUTSIDE  
SHIFT YOUR BRAIN OFF FOR 5

## EVENING

DINNER TO SETTLE DOWN

LET BE AND LET GO. RETIRE, RETREAT, RECOVER. CREATE SPACE BETWEEN ACTION AND NON-ACTION.



MINDFUL MOMENT MEDITATION  
BRAIN-DUMP / JOURNALING  
FOCUSING MOMENT (AAA)  
STRETCH  
MOVEMENT  
FAMILY  
FOOD  
WATER  
PETS  
LET GO OF THE DAY



**TAKE A PAUSE  
TO CARE**