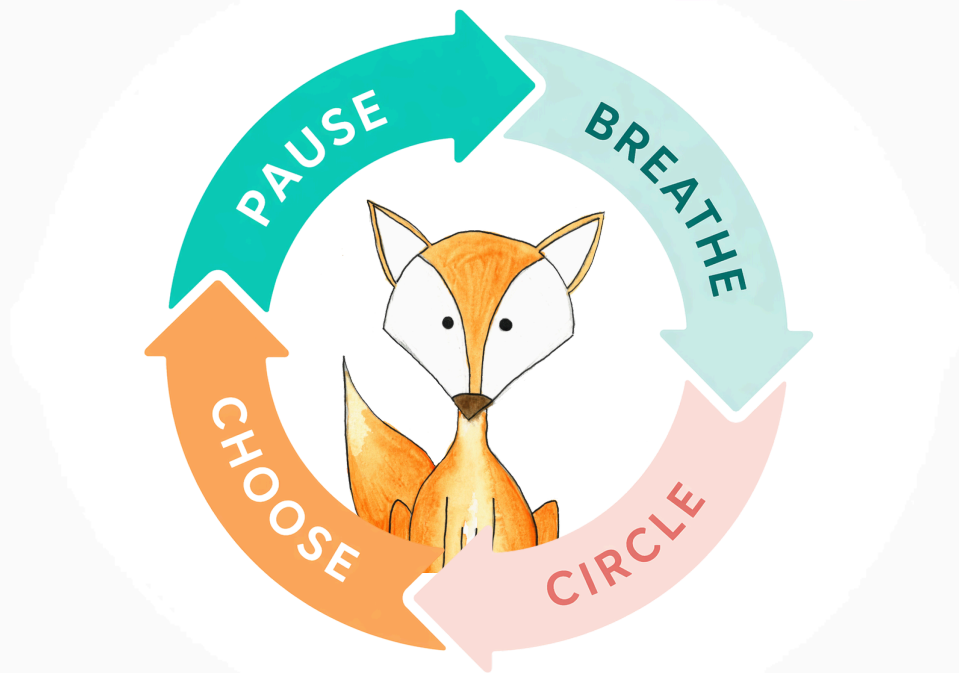


# Pause → Breathe → Circle → Choose

A simple gardening tool to help us slow down,  
notice how we feel, and choose how we grow forward.



## 1 PAUSE

What just happened?

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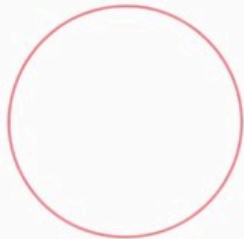
## 2 BREATHE

Take 2–3 slow breaths.



## 3 CIRCLE

Write one word for  
how you are feeling.



## 4 CHOOSE

What is one positive step  
you can take?

- Walk away
- Take a step back
- Sleep on it
- Give yourself space
- Other: \_\_\_\_\_



### GROWING FORWARD

After taking a pause, what feels different?

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