

# The Pause<sup>TM</sup>

*Step 2 of the Clarity Path – Where clarity begins is often quieter than you expect.*

You've located where you are. This is the practice for sitting with what you found—before rushing to solve it.

There's a moment many women reach where life looks fine... but something no longer feels like it fits.

## **A Simple Practice**

*You don't need to figure anything out here.*

### **Step 1 – Notice**

What is quietly asking for your attention right now?

### **Step 2 – Name**

What feels slightly off, heavy, or unfinished about it?

### **Step 3 – Stay**

Instead of solving it, what happens if you simply sit with it for a moment?

***Clarity doesn't begin with answers.***

It begins the moment you stop rushing past what you already know.

*If this stirred something for you, the next step is a simple one.  
Move on to the **5-minute Clarity Reset** to help you move from  
noticing into action.*