Permission to Pause Reflection Guide

1. **What is your barrier to giving yourself permission to pause? Circle all that apply or write your own.**

1. Too much work
2. Pausing pushes me behind
3. Never actually get a break
4. Fear of Missing Out
5. Banking time for financial security
6. Feel guilty
7. Appear less dedicated/motivated

Make your own list here:

2. **Brainstorm a list of microbreaks you can apply during the day and ways to disconnect when away from work.**

3. Make a plan to incorporate breaks and ways to disconnect. Remember to remain flexible.