

## Practice of the week: Cultivating agency and the power of the pause

**What** • **Cultivating agency and the power of the pause**

**When**

- **Daily, whenever works (for one week).**  
Consider adding this into your 1-1 Meeting with yourself
- **Create a cue in order to remember** -  
Consider picking the same time everyday  
-Consider adding this to an existing habit (e.g. while you make or drink your coffee)  
-Check out the mindjogger app to create the reminder

**How**

- **Step 1. Get Present** by taking 10 conscious breaths
- **Step 2. Choose** a challenging situation in the last 24 hours
- **Step 3. Reflect** - Ask yourself: what was my role in the situation? Did I see my agency in the situation before taking action? If not, where could I have paused? What would support me in the pause? What have I learned from this example and how can I apply that learning in the next situation?
- **Step 4. Congratulate yourself on stepping in to this inquiry and reflecting! This is hard work.**
- **Use the three C's: *Courage* to try it in the first place; *Curiosity* to learn about the nature of our thoughts and emotions; *Compassion* to be kind to ourselves no matter what we discover.**

**Duration** • **5 minutes**

## Agency —

***Our own personal power, freedom of movement or choice in a situation***

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*innerforce: our deepest, most authentic self and the source of our vitality.*

*The most important connection we have is the one we cultivate with ourselves.*

*Take time to connect with yourself every day.*

