# Pause. Notice. Choose.

# **Building Self-Awareness**

Once you notice, you can choose to change.

The practice is simple:

#### Pause.

Means to simply stop, take a deep breath.

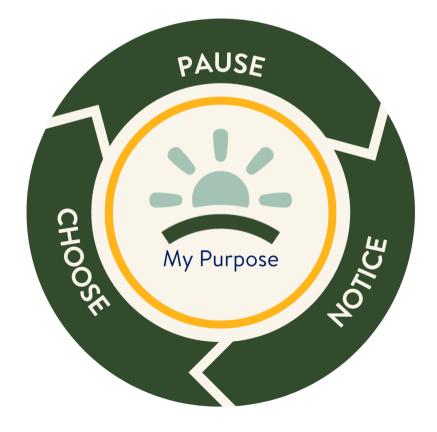
## Notice.

Means to pay attention, on purpose, to what is happening in the present moment without judgement. Paying attention to what you think, feel, and sense right now.

## Choose.

What will you do next? You can choose to stay the same or make a change in behavior, attention or view.

You are the boss; you know what is best for YOU!



Walton Family Whole Health & Fitness