

IT'S THE SPACE THAT MAKES THE FLAME IGNITE + STAY BURNING

WE MUST TAKE OWNERSHIP OF OUR EXHAUSTION

CONSTRUCTIVE PAUSES  
— USE —  
THOUGHTFULNESS  
— AS A —  
GENERATIVE BUSINESS PRACTICE

PAUSING CREATES "BENEFICIAL FORGETTING"

ENVISION THE NEW "HOW" IN THE NEW "WHERE"

# A MINUTE TO THINK

4 WAYS TO PAUSE:  
• RECUPERATE  
• REFLECT  
• REDUCE  
• CONSTRUCT

PAUSE TO THINK ABOUT THE "WASTE WORK"

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SBH SHOULDN'T BE HERE  
[BOREDOM TRACKING]

IMAGINE THE LEGACY YOU WANT + THEN WORK BACKWARDS

HOW DO YOU ACCESS WHITE SPACE?  
A STRATEGIC PAUSE



LEGACY LETTER = "HOW" BLUEPRINT

ERADICATE THE SHAME OF REST. REPLACE IT W/ PRIDE OF SELF-CARE.