



PAUSE FOR 1 MINUTE DURING THE DAY

Whenever you feel stress or overwhelm building up, simply stop what you're doing, put away your phone or computer, close your eyes, and focus on your breath. Nothing more is needed—just inhale, exhale, and consciously return to the present moment. This minute helps reset your mind and body, reduce tension, and bring you back calmer and more focused.

Your Name

Your "WHY"
(intention,
goal...)

Your Habit

day	tracker	day	tracker	day	tracker
1.	☐	8.	☐	15.	☐
2.	☐	9.	☐	16.	☐
3.	☐	10.	☐	17.	☐
4.	☐	11.	☐	18.	☐
5.	☐	12.	☐	19.	☐
6.	☐	13.	☐	20.	☐
7.	☐	14.	☐	21.	☐

Your Reward

What do I gain from this habit?

- The ability to quickly reduce stress levels
- Better awareness of your body and mind
- More calm and focus during hectic days
- Improved emotional stability
- Burnout prevention