

# Friday Pause...

*There are so many things in the world that could be invisible to the material eye, and when you take a moment to stop, to pause, to be present and notice them—that's gratitude.*

- Jay Shetty

DATE \_\_\_\_\_

## **SUCCESSSES: WHAT WENT WELL**

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## **CHALLENGES: DIDN'T GO WELL**

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## **MY INTENTIONS FOR NEXT WEEK**

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## **I'M TAKING PAUSE TO EXPRESS MY GRATITUDE FOR...**

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## **WHAT ARE 2-3 GROWTH OPPORTUNITIES THIS WEEK UNCOVERED?**

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## **WORK IS BEHIND ME: MY FOCUS FOR THE WEEKEND IS...**

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