

September 29, 2008



Just for Today

Permission to Pause

This morning I delivered a test version of a planning workshop I will be doing later this month. In 50 minutes, through a series of mindful, meditative prompts, people were able to gain insights into themselves, and their businesses that they hadn't reached before. Does this mean I'm a guru? NO! Most people agreed that *these were questions they had been asking themselves* over a period of time in many different ways and had been unable to answer as fully as they did today. What made the difference? *Creating a space where they had permission to pause* - permission to think, feel, and create without hurry, worry, or second-guessing. And the results were amazing. All because it became OK to stop.

Just for today: Pause. Stop DOING. 5 minutes, 15 minutes, half an hour. Be present to where you are going and ask yourself: is what I am doing still relevant? Am I on the right track? There's no point in galloping full throttle if you're heading for the wall!

Angela