

be still (surrender)

Take this moment,
whatever time of day it is,
wherever you find yourself,
and just be.

This is not the time to do, think, plan, consider.

Breathe.

Relax.

Stay here, for a few or many minutes.

ponder (go deeper)

Listen to “Perfect Timing (This Morning)” by Orba Squara. Imagine some of the elements of your perfect morning stretching into your day and evening. Write about it or walk and ponder it.

How are your daily PoPs feeling and working? Are you settling into a rhythm that feels good to you? If not, write a bit about deepening your practice and commitment to a daily PoP. Get detailed about it: time of day, length of PoP, place, other elements—including a cozy drink, books, journal.

What might be ways for you to take a pause midday or end your day that will feel good, fuel you, and bring renewed strength and vitality into your life? Try them. See which ones you like most, and commit to regularly cultivating them in your life.

Do you feel the *low battery* warning go off regularly? What can you imagine implementing as portable charging stations for the road—to fuel you up during the day as needed? How do you *charge up* yourself for the daily rigors that are bound to occur? Are there

practices you notice other people doing that would be fun to try when responding to stress in the moment or low energy during your day?

Keep in mind that a spontaneous, spur-of-the-moment PoP can be a powerful way to respond when life hits you with a stressful trigger. Taking some time to pause, ponder, and consider what you want to do to engage with the challenge from a place of wisdom, truth, voice, courage, and love can lead to intentional actions rather than knee-jerk reactions.

Would your heart and life be buoyed a bit by gratitude? Write about what would shift. Explore if there are any specific places or relationships in which you'd like to commit to being more *grateFULL*. If you have a moment, check out GoodGoodGood.co online. It is all about cultivating the good through celebrating and becoming accomplices in good work. Their print *Goodnewspaper* and online e-newsletter, the *Goodnewsletter*, are stunning examples of looking for the good. How about creating your own daily *Goodnewsletter* and writing one gratitude each day in a journal, on your bathroom mirror, or via a text to yourself?

Engage (commit)

A nudge. Commit to a pocket of time today to *be* in silence, when there is typically noise and conversation. Try it. Turn off the radio, your TV, maybe even play with having a meal in silence with those in your life ... explore what bubbles up. If you like it, do it again tomorrow.

Now, it's your turn. What or who are you beckoned to *commit to*, *connect with*, or *create*—whether in small or big ways?

Share something from this PoP with someone you trust.

Your Word. Write a word that has captured your attention in this PoP.

BE BOLD. BE BRAVE. BE YOU.

