

# The Fierce Pause™

## A 5-Min Ritual for Clarity

*Each step is anchored in slow, intentional breathing:  
Inhale for 5 sec • Hold 1–2 sec • Exhale 7–8 sec  
Let your breath guide your pace—about six full breaths per step.*

### ✦ Settle

Soften your gaze. Let your breath slow.

With each exhale, loosen what's gripping you:

- Jaw unclenches
- Shoulders drop
- Belly softens

Feel your presence. Let the moment hold you.

### 🌀 Center

Turn inward. Without judgement, notice:

- What's rising in you right now?
- Where do you feel it in your body?
- What is quietly asking to be heard?

### 🧹 Clear

Picture fog lifting from a mirror.

Let go of what isn't yours to carry.

On your next exhale, say:

**"I claim this moment as mine."**

See clearly. Feel deeply. Act bravely.™

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A 5-minute ritual for quiet clarity

## Choose

Now, breathe into that space you just made.

Ask:

- What truly matters to me right now?
- What choice reflects the truth, my truth?

This is your pivot point. You don't have to know everything.  
Just the next right thing.

## Commit

Breathe. Feel your readiness.

Breathe. Anchor it.

Name what you'll carry forward.

- A word
- A feeling
- A brave next step

You are grounded.

You are capable.

**You are ready.**

Life Fiercely™

Tiny rituals. Real clarity.

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# Pause

This page is yours.  
Let it hold whatever rises - gently, honestly,  
without pressure.

*Prompt: What is rising in me right now?*