

A Guided Pause to Reflect, Realign & Reground

Progress without alignment is just movement.
The YUE Way

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PART 1: *Pause & Notice*

Take a breath. Just notice. Cultivate moment of awareness.

What has been taking up most of my mental, emotional and physical attention?

What nourishing habits have I unintentionally dropped?

What signs of quiet growth or change might I be overlooking?

PART 2: Your *Rhythm Recharge*

Gently explore one small shift you can try. Not to do more, but to recharge what fuels you.

DAILY ANCHOR	WEEKLY NOURISHMENT	ONE BOUNDARY TO REINSTATE
(e.g. 5-min of silence or deep breath before screen)	(e.g. One outdoor walk, tech-free, etc.)	(e.g. No replying to messages after 9pm, or self-blame loop, etc)

PART 3: *Encouragement, Not Pressure*

Some months ask for action.

Others ask for gentleness.

If crafting a “recharge statement” feels hard right now, simply circle one of these words to carry with you this season:

Pace • Presence • Enoughness • Boundaries • Steady • Letting Go • Becoming

Or write (or design your own) word or mantra or sketch with annotation here:

💡 *Print this and keep it somewhere visible. You don't need to do more. You're already in motion.* 💡

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