



Pause. Notice. Choose.

What is Pause. Notice. Choose?

Practicing Pause, Notice, Choose or (PNC) builds self-awareness and helps us make more intentional decisions to lead a life centered on our personal purpose.

The practice is simple:

Pause: Means to simply stop

Notice: Means to pay attention, on purpose, to what is happening in the present moment without judgement. Paying attention to what is going on. Pay attention to what is happening internally: your thoughts or physical sensations, or externally: the breeze or sounds.

Choose: Then choose what you want to do in the present moment that serves you best. You are the boss; you know what is best for YOU!

Once You Notice, Then You Can Create Change!

Living a life examined!

Offering reflection points in your day to give you space to learn and build insight.

Walton Family
Whole Health & Fitness