
Pause Check

The Appreciative Power of One Positive Action After Another

Every day is a good day when I feed my body, mind, heart, spirit and when I care for the world as I...

- Notice one thing of beauty.
- Perform one act that reflects the best of who I aim to be.
- Reach out to connect with one who matters in my life.
- Make one move to keep my body strong.
- Act on one important life goal or priority.
- Choose one healthy, energizing food or drink.
- Harvest one experience for learning and insight.
- Sit quietly with myself for just one minute.
- Listen with care to one person's concern.
- Express appreciation for one action of another.
- Feel grateful for one blessing in my life.
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