

Designing meaningful moments of pause

2020 felt like a marathon. And guess what? We are still running it. If we are to sustain our energy over the long-term, we need to give ourselves permission to pause—to restore and restart.

Moments of pause can feel like a luxury, but they shouldn't be. How we take care of ourselves affects our work performance, but also how we show up as teammates, as leaders, and as humans. We can think of moments of pause as opportunities to explore and create meaningful experiences out of extraordinary circumstances.

The pages that follow are meant to help you identify what you most need from a moment of pause. You can do this exercise alone, or with friends and family. Share your ideas with others to get more inspiration. But most importantly, commit to making it happen.

