THE

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LIFESTLYE WITH NICOLE

-The Power of -

Pause

A 5-Minute Clarity Reset

Pause, Realign, and Rise.

Habakkuk 2:1-2

Write the vision. Make it plain.

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Welcome to The Power of Pause

In a world that constantly demands more, faster, and louder – choosing to pause is a powerful act of alignment.

This 5-minute clarity reset is designed to help you slow down, quiet the noise, and reconnect with what truly matters.

This is not about fixing everything.

It's about creating space
so clarity can rise.

Take a deep breath.

You are exactly where you need to be.

Your 5-Minute *Clarity Reset*



1. Breath (1-Minute)
Close your eyes. Inhale deeply through your nose.
Exhale slowly through your mouth, Repeat three times.



2. Ground (1-Minute)
Place your feet flat on the floor.
Release tension from your shoulders and jaw.



3. Acknowledge (1-Minute)
Ask yourself quietly:
What has been weighing on me lately?



4. Release (1-Minute)
What can you let go of — just for today?
Pressure. Expectations. Overthinking.



5. Invite Clarity (1-Minute)
Affirm quietly or write:
Clarity is available to me when I pause.

Reflect & Connect

1. Right now, I feel overwhelmed by: _____, _____.

2. What I need more of in this season is: _____ _____.

3. If I allowed myself to slow down, I would gain clarity about: _____ _____.

4. One small shift that would bring peace into my life today is: _____ _____.

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Gentle Realignment

Clarity doesn't come from pushing harder.

It comes from listening more deeply.

You don't need all the answers today.

You only need your next aligned step.

I give myself permission to pause realign, and move forward with intention.

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Ready for Deeper Clarity?

If this Pause brought awareness, imagine what intentional guidance could bring.

The Power of Pause Clarity Call

A guided 30-minute session to help you:

- Gain clarity for your current season.
- Identify what's holding you back.
- Discover the best Empowered Lifestyle path for you.

Book Your Clarity Call

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You Don't Have to Do This Alone

The Empowered Lifestyle is a faith centered community rooted in:

Faith + Focus + Flow + Freedom
Every season begins with a *pause*.

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Habakkuk 2:1-2

Write the vision. Make it plain.

"I will take my stand at my watch post and
station myself on the tower,
and look out to see what He will say to me...
And the Lord answered me:
'Write the vision; make it plain...'"

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Rise Declaration

A Declaration for Alignment, Authority, and Forward Movement

I rise—not rushed, not confused, not striving.
I rise aligned.
I have paused in His presence.
I have listened for His voice.
I have written what He revealed.
Now, I move with clarity.
I declare that my steps are ordered by the Lord.
I am not late. I am not behind. I am prepared.
What once felt unclear is now illuminated.
What once felt heavy is now surrendered.
What once felt delayed is now aligned with divine timing.
I rise with wisdom.
I rise with peace.
I rise with confidence—not in myself, but in God who directs me.
I will move forward with intention, not impulse.
With obedience, not fear.
With faith, not hesitation.
I arise because the Lord has spoken.
And I trust what He has shown me.
I pause.
I realign.

I rise.
Amen.

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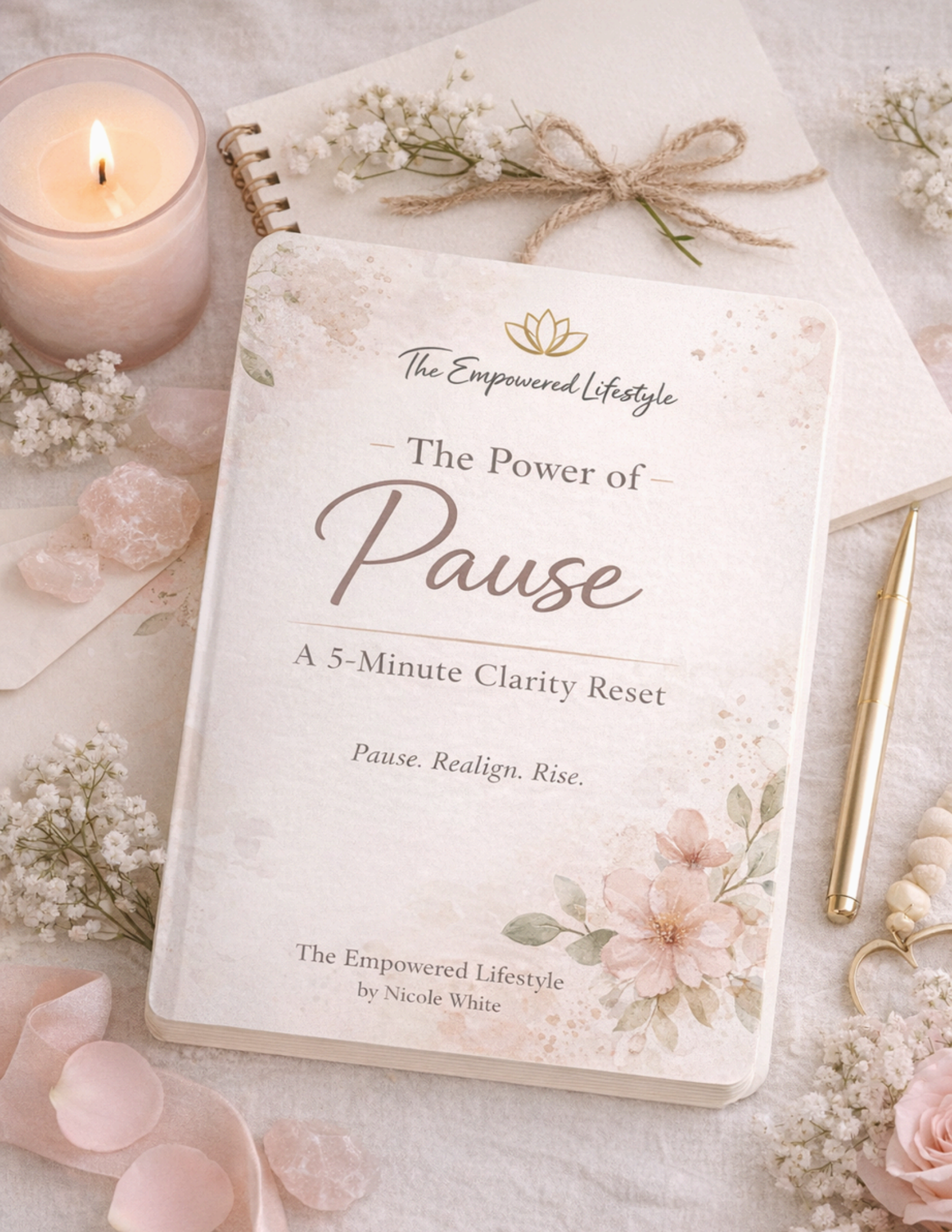
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by Nicole White