

5-Minute Mindful Pauses Checklist

Use this printable as a daily reminder to take short, intentional pauses that restore calm and clarity — no matter how busy your day becomes.

■ ■ The Grounding Breath

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| ■ Sit or stand still and inhale through your nose for 4 counts. |
| ■ Hold for 2 counts, then exhale through your mouth for 6 counts. |
| ■ Repeat five cycles to reset your focus and calm your body. |

■ ■ The Sensory Reset

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| ■ Notice 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, 1 you can taste. |
| ■ Ground your attention in the present through your senses. |

■ The Gratitude Pause

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| ■ Think of one thing going right today — big or small. |
| ■ Say it aloud or jot it down in a journal or note. |
| ■ Hold that feeling of appreciation for one deep breath. |

■ The Digital Pause

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| ■ Put your phone away for five minutes. |
| ■ Take a screen-free walk, stretch, or simply sit quietly. |
| ■ Let the initial restlessness pass — breathe into the silence. |

■ The Body Check-In

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| ■ Scan your body from head to toe and release tension. |
| ■ Roll your shoulders, unclench your jaw, and breathe. |
| ■ Allow your posture and muscles to soften with awareness. |

■ The Reflection Pause

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| ■ Find a quiet space and ask yourself: 'What do I need right now?' |
| ■ Listen gently for your inner answer — rest, water, quiet, or focus. |
| ■ Let your awareness guide your next action. |

Affirmation: "Even in motion, I can choose calm. A pause is not a delay — it's a return."

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