

THE PAUSE

A PRACTICE FOR PEACE



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Written and edited by Rose Cameron for The Joy Academy | Rose Cameron Coaching LLC.

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Hi! I'm Rose.

ROSE CAMERON

FOUNDER | THE JOY ACADEMY

I started **The Joy Academy** to help capable, ambitious people build lives that feel aligned, energized, and fully their own.

After years of success by traditional standards—degrees, businesses, a home, a full calendar—I realized I was doing everything right and still feeling disconnected from real joy. So I started asking better questions. I began choosing how I spent my time, energy, and attention—with intention.

Joy isn't the result of good luck and it's not a fleeting emotion - it's something you can cultivate.

I built this academy to teach the tools I had to learn for myself—like pausing before reacting, staying grounded in what matters, and putting myself firmly in the driver's seat.

This guide is one of those tools. It's a starting point to help you move from automatic response to intentional action.

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With Love,

Rose Cameron



WHY PAUSE?

You don't have to react to everything.

In fact, I'd argue that the pause is where your power lives.

It's the space between stimulus and response - where you get to *choose* what kind of person you want to be, and what kind of energy you want to keep.

The Pause: A Practice for Peace is a printable tool to help you check in with yourself before you say the thing, send the email, or spin out in your head for the next three hours.

This isn't about avoiding hard conversations—it's about staying anchored in what actually matters to you.

Use it when:

- You feel emotionally charged or triggered
- You're unsure whether to say something or let it go
- You're tired of overreacting, over-explaining, or overthinking

Enjoy a more intentional (and often more kind) way of life.

REFLECTION PROMPTS

1. WHAT HAPPENED?

Describe the situation in one or two sentences.

(Example: My friend was sharing about the fight she had with her partner, my boss made some negative 'jokes' about my performance, my cousin was sharing inaccurate facts again about current events, etc..)

2. WHAT DO I WANT TO SAY RIGHT NOW?

Get honest. Write the unfiltered version. (This is just for you.)

3. WHAT AM I ACTUALLY FEELING?

Choose all that apply:

Angry

Ashamed

Hurt

Resentful

Embarrassed

Overwhelmed

Misunderstood

Defensive

Other:

Disappointed

4. WHAT DO I WANT TO GET OUT OF THIS SITUATION?

What's the goal here—connection, clarity, distance, peace, prove I'm right, be heard, share my story, show support?

5. DOES THIS MERIT A RESPONSE?

Yes

No

Maybe later

Why or why not?

6. WHAT WOULD IT COST ME TO RESPOND RIGHT NOW?

Think emotionally, mentally, physically. What happens if you say the thing? What's the fallout?

7. WHAT I CHOSE TO DO:

Write out what you actually did—or plan to do.

8. LOOKING BACK... HOW DID IT GO?


- Did I act in alignment with who I want to be?
- Did I honor my peace?
- Would I make the same choice again?
- Did you achieve your desired outcome or do you feel like you repeated a pattern?

FRIENDLY REMINDER:

You don't have to have all the answers. You don't have to always give your opinion. Learning to practice the pause can give you peace. Learning to practice the pause can be the kindest response. And you don't have to prove your point to feel valid.

I call this a practice because it's an ongoing learning process - we've been operating in rapid-response mode all our lives, it's going to take time to realize we can sit and let our thoughts settle!

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