

Nothing More Is Required

A One-Minute Holiday Pause

Pause for a Moment

Stop whatever you are doing, just for this moment. Give yourself permission to simply be here, without any demands or expectations.

Breathe and Notice

Take a single breath. There is no need to change the way you breathe—just notice it as it is. Allow yourself to be present in this simple action.

Now, bring your attention to one thing that is present in this moment. It could be a sound in the air, a moment of quiet, a scent, a presence, or a feeling of warmth. Let yourself fully notice this one thing.

Read and Reflect

Read the following words slowly, either silently to yourself or aloud:

The preparing is over.

The doing can rest.

I am here.

That is enough.

Release the "Should"

If any thoughts about what you “should” be doing arise, gently respond to them with: Not today.

Return with Acceptance

Now, return to your day without striving to improve it or yourself. Recognize that the holiday does not require anything more from you. Being present is enough.