

The Power of a Pause



For Christian Couples

Have you ever wondered, “Why do we do what we don’t want to do?”

Sometimes it may be life’s circumstances that make it hard to stay focused on what matters.

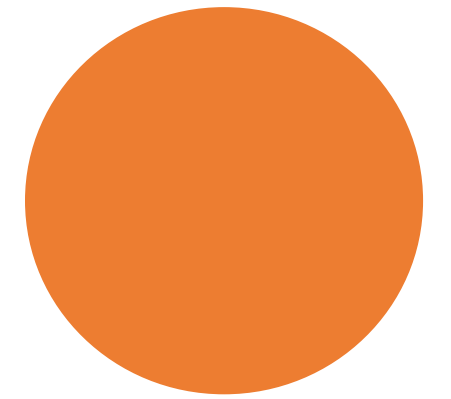




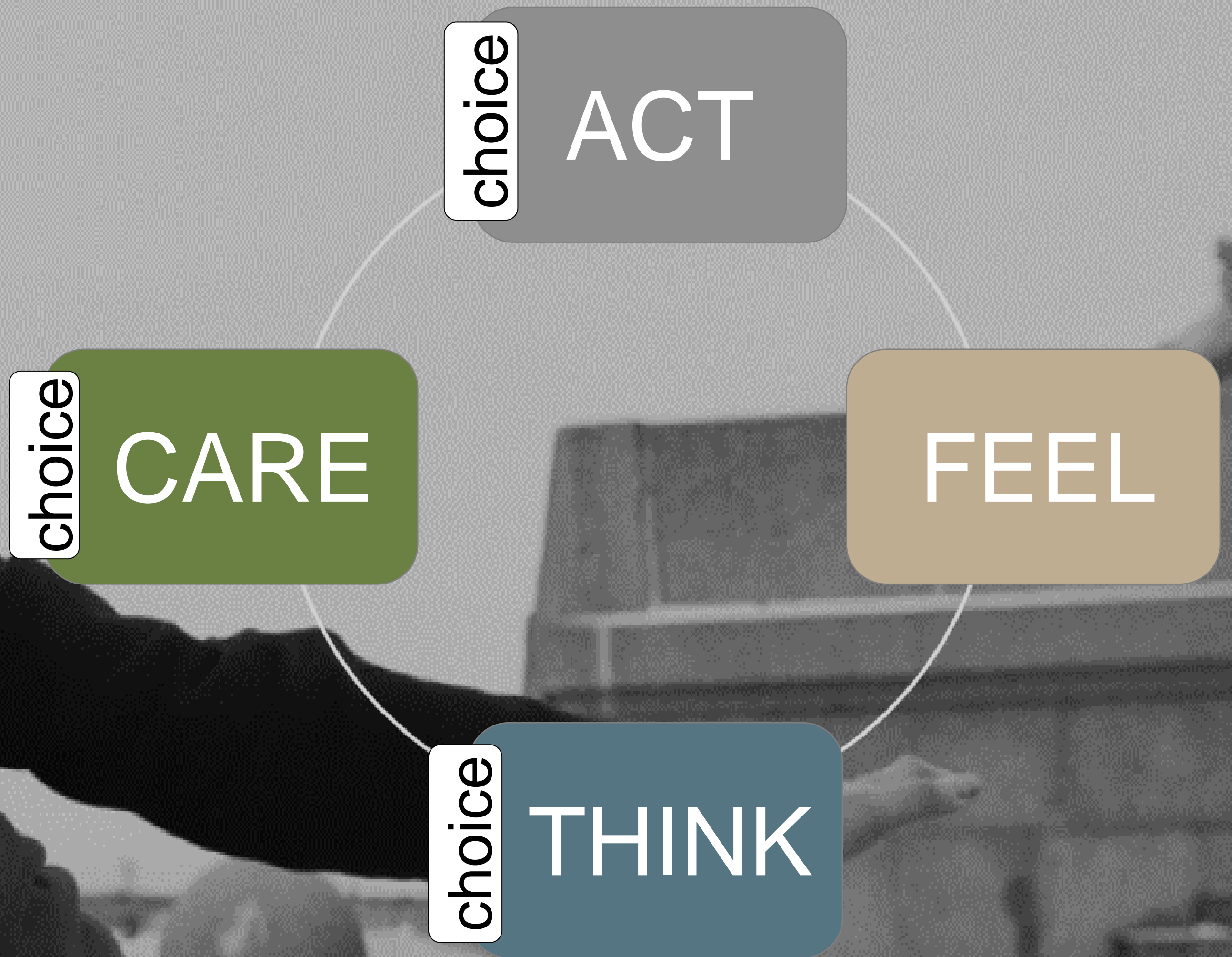
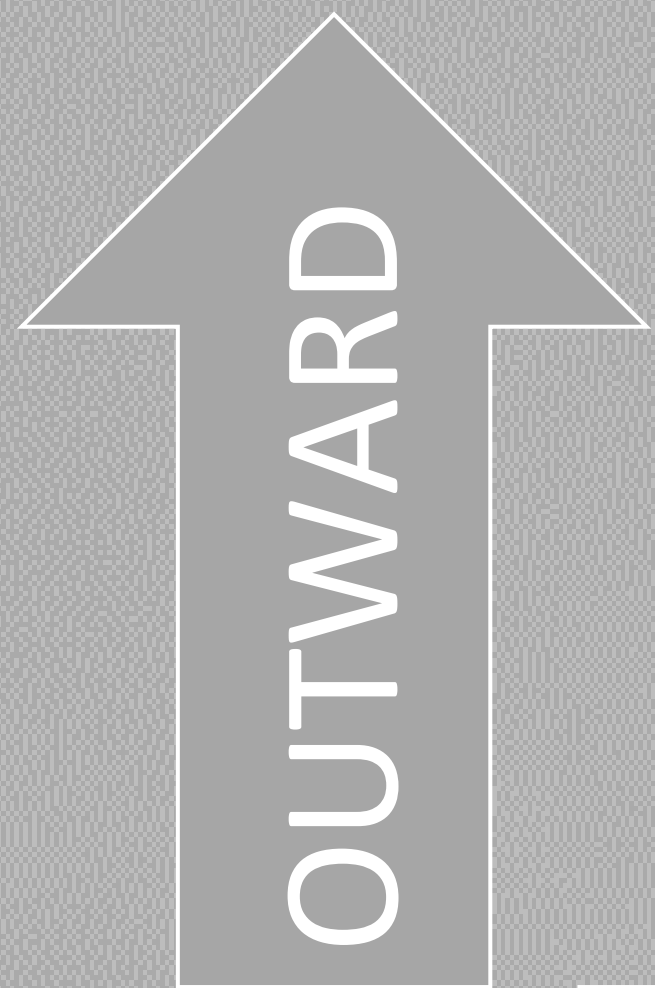
But many times, it is our own selfishness that leads to bad choices that misdirect our focus. Within a fraction of a moment, we might react impatiently or become irritated and use a harsh tone of voice when someone does not agree with us.

Every time we choose to fold our story into a story bigger than ourselves, life becomes more meaningful and fulfilling.

Yet, in our daily lives, we all face a common problem - we live in a world full of distractions that make it easy to lose focus on our goals or dreams.



Our OUTWARD actions & attitudes reflect our INWARD beliefs



How we THINK CARE ACT & FEEL are always shaping our story.

Something extraordinary about being human is our ability to:

- Pay attention to feelings.
- Realign how we choose to THINK CARE and ACT.





Our Purpose Matters

PURPOSE can be Defined as:



&



It explains the moment-by-moment motivation behind our actions.

It also explains our bigger WHY

IDEALY, There is an Overlap

WHY

We Do What We

WHY

something exists



Our Purpose Impacts:

Goal

Goal

Goal



Our Motivations

Measurable Goals

Personal Mission

WHY We Do What We Do

The moment-by-moment reasons driving our actions. Our motivations are situational; helping us drive toward a specific goal.

WHAT We Hope to Achieve.

Measurable outcomes like grades, job, family life, health, etc. ...

Our Bigger WHY

What we want our story to be about.
A vision describing the impact we want to make and the type of person we want to become.

Notice:

- Our goals and mission describe what we hope to accomplish and the impact we want to make.
- Our purpose gives us the direction and focus we need to achieve our goals.
- But our moment-by-moment motivations and choices determine how our real story unfolds.



In a Thriving Cycle, Love Directs our Actions.



So, the motivation driving
our next choice ...

... aligns with our goals and mission
to make a positive impact.

In a Thriving Cycle, love directs our actions. So, the motivation driving our next choice ... aligns with our goals and mission to make a positive impact.



In a Distracted Cycle, there is a disconnect between the motivations driving our next choice and our desired outcomes.



With greater purpose
as our compass, we
want to bring meaning
into our work, and
relationships by:

Growing and Reaching
our Full Potential



Building Healthy Relationships
& Supporting Others



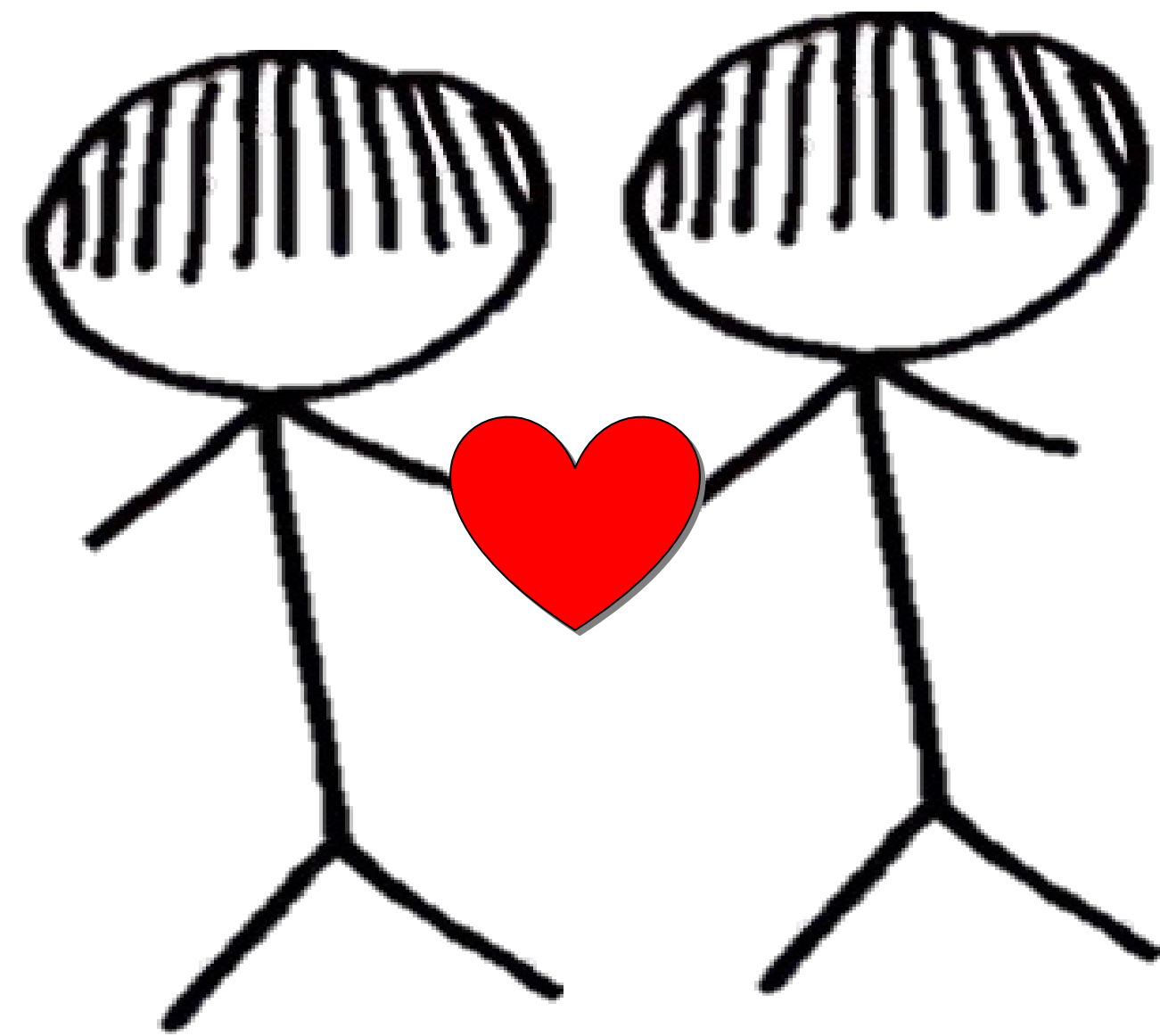
Creating Solutions for
the good of humanity



Being a Good
Role Model



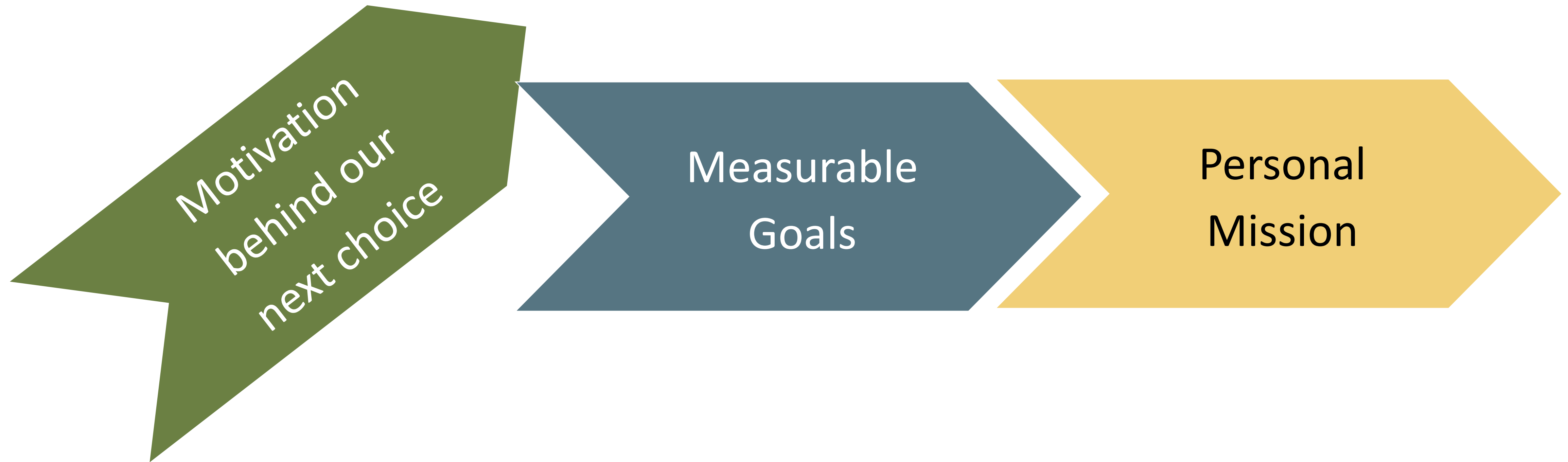
As we get involved ...



...creating solutions to the problems around us, we see our value and our motivation to be a positive contributor increases.

Prepared to turn life's inevitable ups and downs into opportunities that make a positive impact, love and confidence grow under any condition.

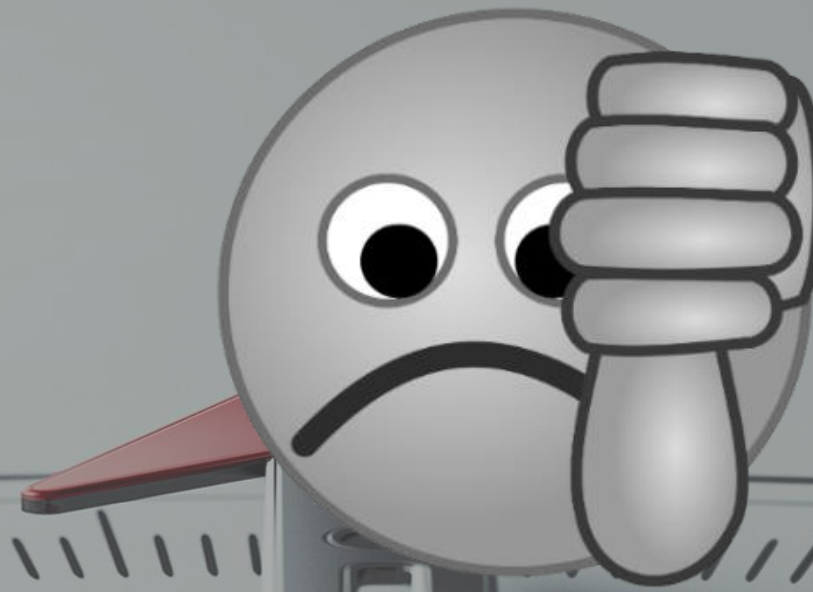
In a Distracted Cycle insecurity or pride direct our actions.



So, there is often a disconnect between the motivations driving our next choice and our desired outcomes.

With a self-centered purpose as our compass, our primary motivation tends to be things like:

Avoiding Pain, Failure or Rejection



Looking Important



Gaining Approval or Popularity



Winning our Way
Succeeding at all Costs



Focused on Ourselves....

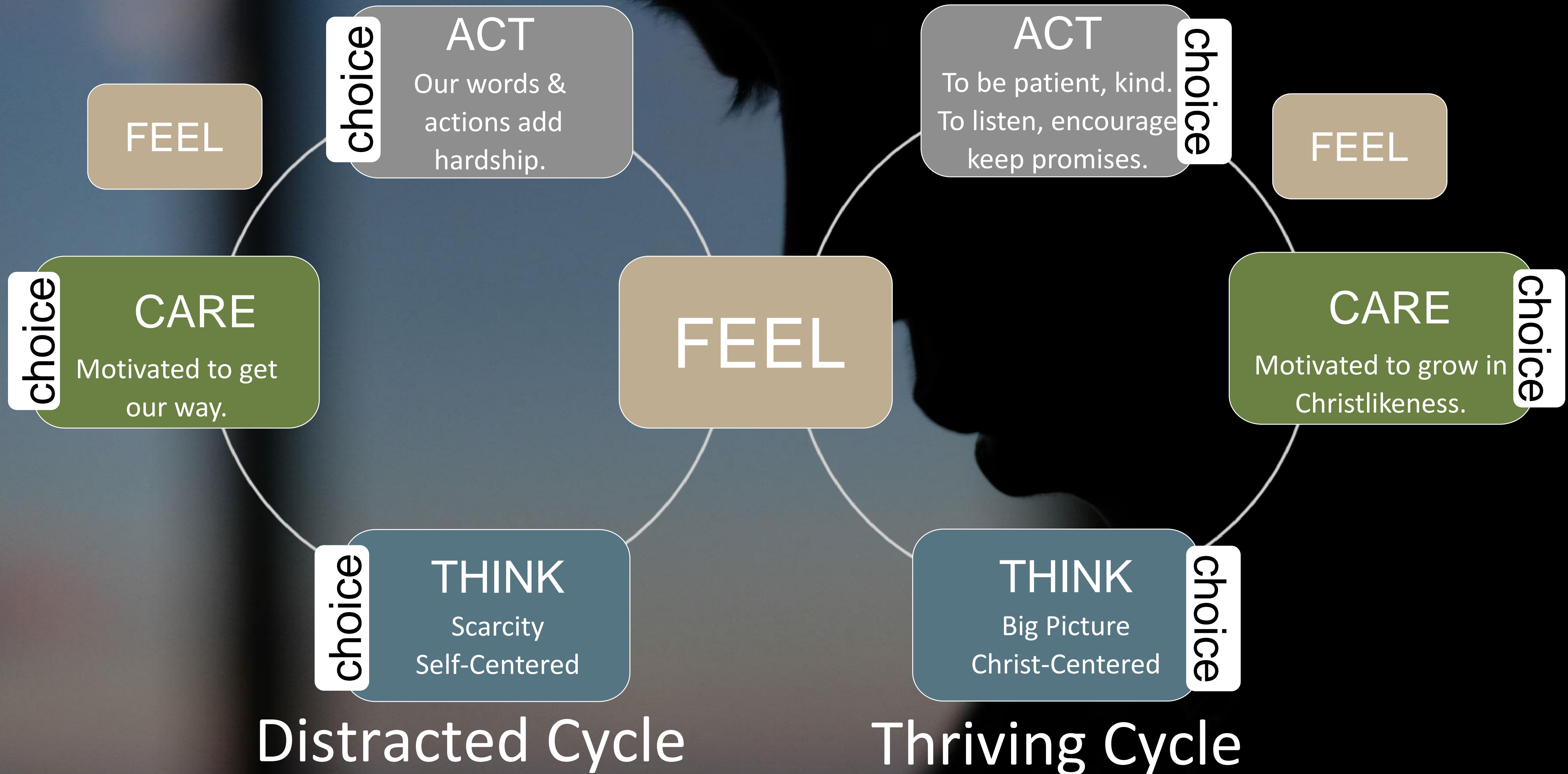


... we can lack determination, respect, or integrity when pursuing our goals.

Making choices that hurt ourselves or others, frustration and insecurity grow.

We all have a mixed narrative.


In other words, our lives are a mixture of moments lived on- and off-target.





In a world full of complex
problems,

our helpful deeds and kind words will make a positive difference.



While you cannot
fix every problem,

when you pursue your goals
and dreams with
determination, respect and
integrity, love and
confidence grows.

So, it gets easier to realign
when you get off-track.

At our Best, we want to be a positive contributor who drives Positive Change. We want to take the next right step because we want our life to make a positive impact. So, how can we be more intentional about living in a thriving cycle?

We can develop the habit of paying attention to our emotions, acknowledging our mixed narrative, and utilizing the Power of a Pause. With time, intention, and support it can get easier to realign how we THINK, CARE, and ACT when we get distracted.

The My Motivation Matters Exercise Part 1 gives us a quick snapshot of how our motivation affects how our story unfolds.

My Purpose Matters Exercise

Directions: Write down one of your roles and a goal for that role. Then consider how you pursue your goal when you are in a Thriving vs Distracted Cycle by checking the boxes that apply to you.

Role: _____ (e.g. student, employee, athlete, son, parent, spouse)

Goal: _____ (e.g. Get a good job or grade, have a supportive family).

| Thriving Cycle | | Distracted Cycle | |
|--|--|---|--|
| In a Thriving Cycle, I am motivated to succeed by: <ul style="list-style-type: none"> <input type="checkbox"/> growing and reaching my full potential. <input type="checkbox"/> being a good role model. <input type="checkbox"/> bringing out the best in myself & others. <input type="checkbox"/> Other: | | In a Distracted Cycle, my primary motivations are: <ul style="list-style-type: none"> <input type="checkbox"/> avoiding pain, failure, or rejection. <input type="checkbox"/> gaining approval or popularity. <input type="checkbox"/> Other: | |
| <ul style="list-style-type: none"> <input type="checkbox"/> sculpting solutions for the good of humanity <input type="checkbox"/> building healthy relationships and supporting others. | | <ul style="list-style-type: none"> <input type="checkbox"/> looking & feeling important. <input type="checkbox"/> success (at any cost). <input type="checkbox"/> getting my way. | |
| Actions and Attitudes | | Actions and Attitudes | |
| In a Thriving Cycle, I have determination, respect, and integrity. So, I pursue my goals by: <ul style="list-style-type: none"> <input type="checkbox"/> being approachable <input type="checkbox"/> supporting those in need <input type="checkbox"/> encouraging others <input type="checkbox"/> staying focused <input type="checkbox"/> forgiving others <input type="checkbox"/> saying I am sorry when needed. <input type="checkbox"/> working together to create solutions. <input type="checkbox"/> helping others <input type="checkbox"/> asking for help <input type="checkbox"/> persevering & not giving up. <input type="checkbox"/> celebrating the success of others <input type="checkbox"/> obeying the rules <input type="checkbox"/> being honest, trustworthy | | In a Distracted Cycle, I can lack determination, respect, or integrity. So, I can: <ul style="list-style-type: none"> <input type="checkbox"/> use a rude tone of voice. <input type="checkbox"/> be bossy & demanding. <input type="checkbox"/> be judgmental or critical. <input type="checkbox"/> try to control others. <input type="checkbox"/> say or do hurtful things. <input type="checkbox"/> hold a grudge. <input type="checkbox"/> complain/ blame. <input type="checkbox"/> interrupt (instead of listening) <input type="checkbox"/> be defensive or argumentative. <input type="checkbox"/> lose focus. <input type="checkbox"/> get distracted. <input type="checkbox"/> not acknowledging what I did wrong. | |
| <ul style="list-style-type: none"> <input type="checkbox"/> being responsible <input type="checkbox"/> being prepared & punctual <input type="checkbox"/> engaging in civil conversations <input type="checkbox"/> listening to understand <input type="checkbox"/> being honest in my evaluation of myself <input type="checkbox"/> being considerate (even when I disagree with others) <input type="checkbox"/> being patient & respectful (even if others are not) Other: | | <ul style="list-style-type: none"> <input type="checkbox"/> avoid asking for help. <input type="checkbox"/> avoid difficult situations. <input type="checkbox"/> avoid sharing ideas or feelings. <input type="checkbox"/> shut down emotionally. <input type="checkbox"/> reject feedback. <input type="checkbox"/> be dishonest. <input type="checkbox"/> make reckless choices. <input type="checkbox"/> be rebellious. <input type="checkbox"/> be inconsiderate. <input type="checkbox"/> be impatient. <input type="checkbox"/> be prejudiced. Other: | |



Talk About It

1. What did you notice about how your mixed narrative?
2. How does our purpose impact our actions and attitudes?

The My Motivation Matters Exercise
 Part 2 helps us write a Mission Statement solidifying the positive direction we want our life to go..

My Motivation Matters Exercise Part 2: Writing a Mission Statement

One way to stay aligned with is to think about the end of our life and what we hope to have accomplished. Then, work backward. Solidifying our Mission Statement and the positive direction we want our life to go can make it easier to realign when we get distracted.



At our BEST, we want to be a positive contributor who drives Positive Change.



Step 1: Identify your Values. What values do you need to feel more fulfilled as you strive to achieve your goals. Circle your top 15-20. Then put a star next to your top 5 values.

- | | | | |
|--------------|---------------|-----------------|---------------------|
| Authenticity | Curiosity | Kindness | Living out my faith |
| Achievement | Determination | Knowledge | Reputation |
| Adventure | Fairness | Leadership | Respect |
| Authority | Faith | Learning | Responsibility |
| Autonomy | Fame | Love | Security |
| Balance | Friendships | Loyalty | Self-Respect |
| Beauty | Fun | Meaningful Work | Service |
| Boldness | Growth | Openness | Spirituality |
| Compassion | Happiness | Optimism | Stability |
| Challenge | Honesty | Peace | Success |
| Citizenship | Humor | Pleasure | Status |
| Community | Influence | Poise | Trustworthiness |
| Competency | Inner Harmony | Popularity | Wealth |
| Contribution | Justice | Recognition | Wisdom |
| Creativity | | | |



Talk About It

1. When you get off-track, how can your mission help you realign?
2. What are some proactive steps you can take to align your moment-by-moment choices with your mission to be a positive contributor?
3. Knowing you have a mixed narrative, write down one thing you want to do this week, to improve how you Think, Care, and Act.
4. What support would you like from each other?