



# The 17 Second Pause Worksheet

Feel the Shift!



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## 🌟 17-Second Pause Quick Card - Shift Your Vibration in 17 Seconds

Use this simple guide to realign anytime, anywhere.

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### 1. Choose Your Emotion

Pick one high-vibe feeling you'd like to embody right now:

Freedom  Calm  Confidence  Abundance  Joy  Clarity  Love  Safety

(Or write your own): \_\_\_\_\_

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### 2. Take a Pause

- Breathe into your belly.
  - Relax your face, shoulders, and jaw.
  - Feel the emotion in your body. Picture a moment, scene, or symbol that evokes it.
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### 3. Set Your Timer

- Stay with that feeling for 17 seconds.
  - Let it expand. Smile if it feels natural.
  - Don't force it—just *feel into it*.
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### Repeat Throughout Your Day

Use your Feeling Board, a sticky note, or this card as a reminder.

- Morning
- Mid-morning
- Afternoon
- Evening
- Anytime you feel off

Each pause shifts your vibration—and brings your manifestations closer.

You've got this. ✨