

Welcome to the Art of Purpose Podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host, Gayla. I'm an Alaskan, an artist, and an encourager. I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation, and support as you practice the Art of Purpose.

Hello and welcome to the fourth Purposeful Pause episode of The Art of Purpose Podcast. I hope you've been enjoying listening to these as much as I've enjoyed creating them. So now, before we start on today's purposeful pause, we're going to take a moment wherever you are, to get comfortable.

So if you're driving, please remain attentive and aware of your surroundings.

And you can really dive into this next step a little bit later.

However, a great reminder to come back into the car and not at the destination. So now if you're in a spot, you can become aware of your surroundings and the noises around you. Now, bring attention back to yourself. Become aware of your body and your breath.

This is a time to pause, to take some deep breaths, some inhales, exhales becoming, aware of your breath. I know you probably have a lot going on and probably a lot weighing on your mind. But that's exactly what these episodes are for. For you take a purposeful pause in your day. The purpose of this pause? A quick gratitude check-in.

Now, I know that just looking on the bright side isn't helpful when we've got real-life stressors. However, gratitude helps us access our hearts and shift out of a place that doesn't feel very good. So pay attention to how you feel when you practice gratitude. This is a place you can access whenever and wherever you are. So take a moment to think about three things that you're grateful for today.

For me, it's my supportive family. The sun shining in the window and the blessing of the nature that I'm surrounded by. For you, it might be your dog or your family. Maybe it's even a book that you're excited to read. Anything. Anything at all that brings just a touch of that grateful energy into your day, into your purposeful pause, will help assist you with the stressors and things going on in your day.

I really like Michael J. Fox's quote on how, for him, gratitude has made optimism sustainable. It may not be a magic bullet. I hate to tell you this, but there aren't any...I've looked. However, with practice, it comes close. I find taking just 60 seconds to reflect like this can really be rejuvenating and a wonderful reset. It's a way to reconnect with myself, my heart, and with others.

Now, as we close out, this purposeful pause, go ahead and inhale and exhale. Take some of that energy that you've put into gratitude and let it guide your day as you get back to all the commitments, challenges, and opportunities you have before you remember to do something kind for yourself. And thank you for joining me today. I will be back next week.

Thank you for listening to the Art of Purpose Podcast. I hope you found today's episode insightful and inspiring. If you enjoyed our time together, please take a moment to rate and review this show on your favorite podcast platform. Your feedback helps us reach more people and spread the message of personal growth and self-discovery. Also, be sure to subscribe so you never miss an episode.

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Thank you for being a part of this community. I look forward to sharing more insights and encouragement with you on the next episode of The Art of Purpose Podcast.