

pause

A stationery collection designed to inspire awareness and intention by inviting to reflect on and capture the meaningful moments of everyday life.

PAUSE® Collection by The Right Studio | Made in Nijmegen, the Netherlands
www.therightstudio.com | hello@therightstudio.com | 0625584929

CALENDAR

A special calendar: It is not for planning ahead but to capture the meaningful moments of everyday life.



It includes stickers



It includes stickers

Awareness is like the sun.
When it shines on things,
they are transformed.

— Thich Nhat Hanh

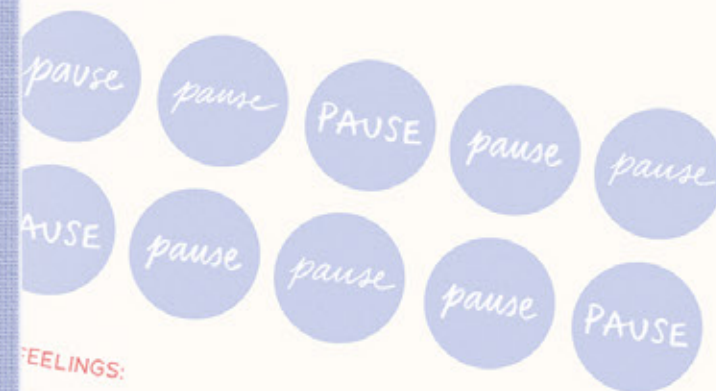


YOUR NEW NOTEBOOK:

pause

ART:

MARCH APRIL MAY JUNE JULY
OCTOBER NOVEMBER DECEMBER



FEELINGS:



NOTEPADS



HABIT TRACKER

NEW HABIT: _____
FREQUENCY: _____
MONTH # _____

	MON	TUE	WED	THU	FRI	SAT	SUN
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY MOTIVATION: _____

cause

NOTEPADS

HABIT TRACKER

NEW HABIT: _____
FREQUENCY: _____
MONTH # _____

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY MOTIVATION: _____

pause

MY PRIORITIES

DAY / WEEK / MONTH: _____

#1 _____
#2 _____
#3 _____
#4 _____
#5 _____
#6 _____
#7 _____
#8 _____

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ENERGY BALANCE

THINGS THAT GIVE ME ENERGY

THINGS THAT TAKE AWAY MY ENERGY

pause

MASTERPLAN

NEW GOAL: _____

DAY / WEEK / MONTH: _____

ACTIONS:

pause

CARDS



It includes envelope

CARDS



It includes envelope

Allow this moment
to be exactly as it is.
Allow yourself
to be exactly as you are.
— Jon Kabat-Zinn

There is just this moment.
We are not trying
to improve or
to get anywhere else.
— Jon Kabat-Zinn



BOOKMARKS

Awareness is like the sun.
When it shines on things,
they are transformed.
— Thich Nhat Hanh



