

# 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](http://www.therightstudio.com) | [hello@therightstudio.com](mailto:hello@therightstudio.com) | 0625584929



# CALENDAR

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



Size: A5  
€12.-

It includes stickers



CALENDAR



Size: A5  
€12.-

It includes stickers



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

— Thich Nhat Hanh

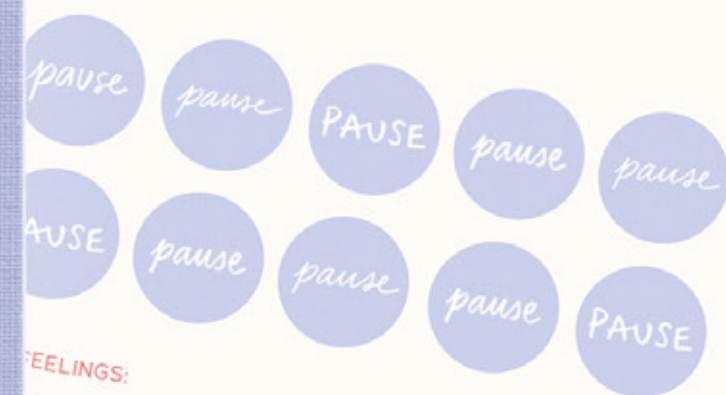


YOUR NEW NOTEBOOK:

*pause*

ART:

MARCH APRIL MAY JUNE JULY  
OCTOBER NOVEMBER DECEMBER



FEELINGS:

TITLE BY LITTLE GRATEFUL NEW HABIT  
PY MOMENT DISCOVERY BALANCED  
EXPLORING PROUD LOVE THIS  
E BY LITTLE GRATEFUL NEW HABIT  
MOMENT DISCOVERY BALANCED  
EXPLORING PROUD LOVE THIS



NOTEPADS



Size: A6  
1 x €4 | 4 x €12

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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ *pause*

ENERGY BALANCE

THINGS THAT GIVE ME ENERGY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

THINGS THAT TAKE AWAY MY ENERGY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ *pause*

MASTERPLAN

NEW GOAL: \_\_\_\_\_  
\_\_\_\_\_

DAY / WEEK / MONTH: \_\_\_\_\_

ACTIONS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ *pause*

Size: A6  
1 x €4 | 4 x €12

CARDS



1 x €3.50 | 2 x €6

It includes envelope



CARDS



1 x €3.50 | 2 x €6

It includes envelope



BOOKMARKERS



1 x €1 | 3 x €2



BOOKMARKERS



1 x €1 | 3 x €2



