



Helping Women Thrive Through Change

PAUSE • NOTICE • LEARN

A 5-minute HNM reset

This isn't about judging your week. It is about noticing what has been happening so you can learn from it.

PAUSE

What has changed since my last check-in?

What has been going on around me?

NOTICE

What seems to influence how I eat, move, feel or cope?

Is there anything I keep noticing?

LEARN

What have I learned that could help me next week?

What is one thing I want to remember?