

P.A.C.I.N.G.™ Snapshot

A rhythm for living in alignment with your body and soul

This snapshot is designed to help you pause and notice, without judgment, how your current rhythm is supporting you, and where it might need a little fine-tuning. Each question invites you to reflect on one aspect of P.A.C.I.N.G.™. By the end, you'll see your unique pattern, and you'll know exactly where to give yourself extra compassion or encouragement.

	Perspective	What's a story you've been carrying that no longer feel true?
	Attitude	What are you protecting or avoiding, and what might be possible if that softened?
	Candor	What do you most need to be honest with yourself about?
	Investigation	What is your body's truth in this moment? What might you explore with curiosity?
	Navigation	What are your recent patterns telling you about how to move forward?
	Goal-Adjustment	What's one goal you could soften, shift, or release to match your current capacity?

This is your rhythm right now. It will change, and so will you. Keep this page to notice your progress over time.